

Fitness Profile

CLIENT NAME: _____ TESTER: _____ DATE: _____

AGE: _____ SEX: _____ M _____ F _____ HEIGHT: _____ ft. _____ in. WEIGHT: _____

TRAINING PARAMETERS

Resting BP: _____ / _____ Resting Heart Rate: _____

Training Zone: (% $\dot{V}O_2$) _____ % Lower - _____ % Upper

YMCA Bike Test: 1st HR _____ 1st KPM _____
2nd HR _____ 2nd KPM _____ Max $\dot{V}O_2$ _____

RockPort Walk Test: _____ min _____ sec _____ HR (bpm) Max $\dot{V}O_2$ _____

3-Minute Step Test: _____ min _____ sec _____ HR (bpm)

GIRTH MEASUREMENTS:

ARM _____ in
(Measure on right side of body with arms at side)

CHEST _____ in
(Arm should be relaxed at side of body)

WAIST _____ in
(Measure on right side of body over the umbilicus)

HIPS _____ in
(Measure on right side of body)

THIGH _____ in
(Measure on right leg below gluteal fold)

CALF _____ in
(Measure on right leg at largest circumference)

SKINFOLD MEASUREMENTS:

CHEST _____ mm
(Fold equidistant from anterior axillary line & nipple)

TRICEP _____ mm
(Fold equidistant from the olecranon & acromion)

SCAPULA _____ mm
(Fold taken 3 cm medially of posterior prominence)

AXILLA _____ mm
(Vertical fold from lateral line of xiphoid)

ABDOMEN _____ mm
(Vertical fold 3cm from the umbilicus)

ILIUM _____ mm
(3 cm above and anterior to iliac crest)

THIGH _____ mm
(Fold equidistant between hip & knee)

SUM OF SKIN FOLDS _____ mm

MUSCULOSKELETAL FITNESS

SIT AND REACH _____ in

SHOULDER FLEXIBILITY _____ in

YMCA BENCH PRESS _____ reps

BODY COMPOSITION _____ %

HAMSTRING TEST _____ degrees

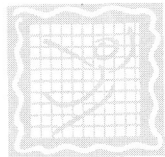
PUSH UP TEST _____ reps

BENT KNEE CURL UP _____ reps

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