

## Personal Fitness Profile Instructions

**Resting Heart Rate:** Take your pulse as soon as you wake up in the morning for 15 seconds. Multiply the number you get by 4. This is your resting heart rate.

Rating	RHR (boys)	RHR (girls)
Excellent	Under 40	Under 45
Average	70	75
Needs Improvement	Over 71	Over 76

### **Cardio-Respiratory Endurance-3 Minute Step Test**

Step up and down on a step at a cadence of up-up-down-down for 3 minutes. (Boys should be stepping at 24 steps per minute while girls should be stepping at 22 steps per minute.) After three minutes, stop and check your pulse for 15 seconds. Multiply this number by 4. Use the number you get to rate your CRE using the chart below.

Ending Pulse	Excellent	Good	Average	Fair	Poor
Boys	Less than 120	120-130	131-150	151-160	Over 160
Girls	Less than 124	124-134	135-154	155-164	Over 165

### **Upper Body Strength-Push-Ups**

Count how many Push-ups you can complete without losing proper form. Boys must do Standard Military Push-ups while girls can do Modified on the Knee Push-ups.

Rating	Number of Push-Ups (boys)	Number of Push-Ups (girls)
Excellent	55+	49+
Good	45-54	34-48
Average	35-44	17-33
Fair	20-34	6-16
Low	0-19	0-5

### **Middle Body Strength-Crunches**

Lie on your back with arms at your side and knees bent. Curl your head, neck and upper back off the floor sliding your hands forward, also on the floor. Hold for 1 second before lowering. Count as many as you can do until you are tired or lose proper form.

Rating	Number of Crunches (boys)	Number of Crunches (girls)
Excellent	60	50
Good	45	40
Satisfactory	30	25
Needs Improvement	15	10

**Lower Body Strength- Wall Sits**

Stand with back against a wall and heels about 1 foot away from the wall. Squat down until your knees are at a 90degree angle to the floor. Count the number of seconds you can remain in this position.

Rating	Seconds In Wall Squat
Excellent	More than 75 seconds
Moderate	Between 31-74 seconds
Needs Improvement	Less than 30 seconds

**Lower Body Strength –Squats**

Holding a 5-10 pound weight, lower yourself into squat position and raise up to starting point. Count the number of times as you can squat until you get tired or lose proper form.

Rating	Number of Squats
Excellent	25 or more
High Strength	20-24
Moderate Strength	15-19
Low Strength	10-14
Minimal Strength	Less than 9

**Flexibility- Various Tests for Different Muscle Groups**

The Muscle	What to Do	Rating Excellent If:	Rating Needs Work If:	Rating Needs A lot of Work If:
<b>Hamstrings</b>	Stand with feet together- knees straight but not locked. Bend forward and try to touch your toes.	You can touch the floor with little or no discomfort.	You can just touch your toes with little or no discomfort.	You can't touch your toes or it hurts when you try.
<b>Shoulder</b>	Reach your right hand behind your back and your left hand across your back toward your right shoulder blade. Try to clasp your hands behind back.	You can clasp your hands together.	Your fingertips almost touch.	Your fingers are not even within an inch of each other.
<b>Calf</b>	Sit on the floor with legs straight out in front of you. Flex your foot so your toes come up toward you.	Your toes are more than perpendicular to the floor.	Your toes are just perpendicular to the floor.	You can barely bend your toes toward you.
<b>Shin</b>	Same position as calf. Point your toes toward the floor.	Your toes touch or nearly touch the floor.	Your toes come to within an inch of the floor.	Your toes barely move toward the floor.

<b>Hip/Butt</b>	Lie on your back and hug one knee into your chest. Clasp your hands around the bent knee while keeping the other leg straight on floor.	Your straight leg rests along floor but to the outside of your hip and you can easily hug your knee into your chest.	Your straight leg rests along floor but to the outside of your hip and you can almost hug your knee into your chest.	Your straight leg doesn't touch the floor and you can't hug your knee into your chest.
<b>Upper Back</b>	Lie on your back with your legs out straight and arms straight overhead. Drop your arms back toward the floor.	Your arms easily fall to the floor without arching the back.	Your hands almost touch the floor without arching the back.	Your arms don't come within an inch of the floor and your back is arched.
<b>Quadriceps</b>	Lie on your belly with one leg straight and one leg bent at the knee bringing your heel toward your buttocks.	Your heel easily touches your buttocks.	Your heel comes close but doesn't touch buttocks.	Your heel doesn't come within a few inches of your buttocks.

**Important Note:** Please be sure to log BOTH your number achieved in each test as well as the rating for that number.

**Example:** *Upper Body Strength-36 push-ups / Rating Good*