

LesMILLS
ONDEMAND

Designed by
Dr Jinger Gottschall

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FITNESS TESTS

Assess your fitness and track your successes with four basic fitness tests. Simply follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.

TOP TIP: The secret to boosting your fitness is to gradually build on your exercise routine with a combination of strength, cardio and flexibility training.



UPPER BODY STRENGTH

PUSH-UPS

Perform as many push ups as you can without stopping. Start in the push-up position, lower your body until your elbows are at 90 degrees and then press up to the starting position. You can choose the modified push-up on knees position if preferred. Keep the same distance between your hands for future tests.

START DATE:	START DATE:	START DATE:	START DATE:
REPS:	REPS:	REPS:	REPS:

CORE STRENGTH AND ENDURANCE

HOVERS

Assume a hover position on your forearms with your hips lifted off the floor so that your body creates a straight line from head to toe. Start timing and stop the timer when your hips lower and you're no longer able to hold your back in a straight line.

START DATE:	START DATE:	START DATE:	START DATE:
DURATION:	DURATION:	DURATION:	DURATION:

LOWER BODY STRENGTH

WALL SIT

Start with your feet shoulder-width apart and your back against a smooth vertical wall. Slowly slide your back down the wall until both your knees and hips are at a 90-degree angle. Lift one leg off the ground and start the timer. When you can no longer keep that leg off the ground stop the timer. After a period of rest, test your other leg

RIGHT
LEFT

START DATE:	START DATE:	START DATE:	START DATE:
DURATION:	DURATION:	DURATION:	DURATION:
START DATE:	START DATE:	START DATE:	START DATE:
DURATION:	DURATION:	DURATION:	DURATION:

CARDIOVASCULAR AEROBIC FITNESS

WALKING

Warm up by walking slowly for three to five minutes. Start a timer and walk a mile (or 1.6 km) on a flat walking track or neighborhood route. You can slow down and speed up as you wish, but the goal is to complete the mile as quickly as possible. When finished, keep walking for a few minutes to cool down and follow up with a few stretches.

START DATE:	START DATE:	START DATE:	START DATE:
TIME:	TIME:	TIME:	TIME:

PUSH-UP TEST NORMS FOR MEN

age	17-19	20-29	30-39	40-49	50-59	60-65
excellent	> 56	> 47	> 41	> 34	> 31	> 30
good	47-56	39-47	34-41	28-34	25-31	24-30
above average	35-46	30-39	25-33	21-28	18-24	17-23
average	19-34	17-29	13-24	11-20	9-17	6-16
below average	11-18	10-16	8-12	6-10	5-8	3-5
poor	4-10	4-9	2-7	1-5	1-4	1-2

HOVER TEST NORMS

excellent	good	above average	average	below average	poor
> 6 minutes	4-6 minutes	2-4 minutes	1-2 minutes	30-60 seconds	0-30 seconds

WALKING TEST NORMS FOR MEN

age	20-29	30-39	40-49	50-59	60-69	70+
excellent	<11:54	<12:24	<12:54	<13:24	<14:06	<15:06
good	11:54	12:24	12:54	13:24	14:06	15:06
average	13:01	13:31	14:01	14:25	15:13	15:49
fair	13:43	14:13	14:43	15:13	16:19	18:49
poor	>14:30	>15:00	>15:30	>16:30	>17:18	>20:18

PUSH-UP TEST NORMS FOR WOMEN

age	17-19	20-29	30-39	40-49	50-59	60-65
excellent	> 35	> 36	> 37	> 31	> 25	> 23
good	27-35	30-36	30-37	25-31	21-25	19-23
above average	21-27	23-29	22-30	18-24	15-20	13-18
average	11-20	6-16	12-22	8-17	7-14	5-12
below average	6-10	7-11	5-9	4-7	3-6	2-4
poor	2-5	2-6	1-4	1-3	1-2	1

SINGLE LEG WALL SIT TEST NORMS

	excellent	good	average	below average	poor
men	>100	75-100	50-75	25-50	<25
women	>60	45-60	35-45	20-35	<20

WALKING TEST NORMS FOR WOMEN

age	20-29	30-39	40-49	50-59	60-69	70+
excellent	<13:12	<13:42	<14:12	<14:42	<15:06	<18:18
good	13:12	13:42	14:12	14:42	15:06	18:18
average	14:07	14:37	15:07	15:37	16:19	20:01
fair	15:07	15:37	16:07	17:01	17:31	21:49
poor	>16:30	>17:00	>17:30	>18:06	19:12	>24:06