

GETTING STARTED

Fitness testing is a way of gaining information about the upper body, lower body and core strength as well as the aerobic endurance components of an individual.

If you don't exactly know where you're going, how will you know when you get there?

The **KEBOfit** fitness test requires you to continuously improve on your initial fitness test results. At the end of 4 weeks test yourself, log the information and the improvements will keep you motivated to charge on.

The Tests:

- Upper Body Strength Test
- Lower Body Strength Test
- Core Strength Test
- Cooper 1.5m Run Test

Starting Stats

- Weight in lbs or kg's (Log this information)
- Waist in cm's measured in line with belly button (Log this information))
- Hips in cm's measured in line with the widest part (Log this information)
- Top of both thighs in cm's (log this information)
- Top of both arms in cm's (log this information)
- Before picture taken like the images below



YOUR FITNESS TEST

Test One

Push Up Test (Upper body strength) – Perform as many push ups in good form either on your knees or in full with NO rest until you are unable to continue.



Men's Press Up Test Table

| Age | Excellent | Good | Average | Fair | Poor |
|---------|-----------|---------|---------|---------|------|
| 20 - 29 | >54 | 45 - 54 | 35 - 44 | 20 - 34 | <20 |
| 30 - 39 | >44 | 35 - 44 | 25 - 34 | 15 - 24 | <15 |
| 40 - 49 | >39 | 30 - 39 | 20 - 29 | 12 - 19 | <12 |
| 50 - 59 | >34 | 25 - 34 | 15 - 24 | 8 - 14 | <8 |
| 60+ | >29 | 20 - 29 | 10 - 19 | 5 - 9 | <5 |

Women's Press Up (on knees) Test Table

| Age | Excellent | Good | Above Average | Average | Below Average | Poor |
|---------|-----------|-------|---------------|---------|---------------|------|
| 17 - 19 | >35 | 27-35 | 21-26 | 11-20 | 6-10 | <6 |
| 20 - 29 | >36 | 30-36 | 23-29 | 12-22 | 7-11 | <7 |
| 30 - 39 | >37 | 30-37 | 22-29 | 10-21 | 5-9 | <5 |
| 40 -49 | >31 | 25-31 | 18-24 | 8-17 | 4-7 | <4 |
| 50 - 59 | >25 | 21-25 | 15-20 | 7-14 | 3-6 | <3 |
| 60 - 65 | >23 | 19-23 | 13-18 | 5-12 | 2-4 | <2 |

Women's Full Push Up Test Table

| Age | Excellent | Good | Average | Fair | Poor |
|---------|-----------|---------|---------|--------|------|
| 20 - 29 | >48 | 34 - 38 | 17 - 33 | 6 - 16 | <6 |
| 30 - 39 | >39 | 25 - 39 | 12 - 24 | 4 - 11 | <4 |
| 40 -49 | >34 | 20 - 34 | 8 - 19 | 3 - 7 | <3 |
| 50 - 59 | >29 | 15 - 29 | 6 - 14 | 2 - 5 | <2 |
| 60+ | >19 | 5 - 19 | 3 - 4 | 1- 2 | <1 |

Test Two

Forward Plank Test (Core strength) – Set a timer or gym boss and hold the forward plank for as long as possible in strict form.

Record your time.

Overall Forward Plank Target: 2 Minutes+



Test Three

Squat Test (Leg strength): Perform as many squats as you can with NO rest until you cannot continue. Use a chair to ensure the knees bend at right angles on the squat phase.



Men's Squat Test Table

| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|---------------|-------|-------|-------|-------|-------|-------|
| Excellent | >49 | >45 | >41 | >35 | >31 | >28 |
| Good | 44-49 | 40-45 | 35-41 | 29-35 | 25-31 | 22-28 |
| Above average | 39-43 | 35-39 | 30-34 | 25-38 | 21-24 | 19-21 |
| Average | 35-38 | 31-34 | 27-29 | 22-24 | 17-20 | 15-18 |
| Below Average | 31-34 | 29-30 | 23-26 | 18-21 | 13-16 | 11-14 |
| Poor | 25-30 | 22-28 | 17-22 | 13-17 | 9-12 | 7-10 |
| Very Poor | <25 | <22 | <17 | <9 | <9 | <7 |

Women's Squat Test Table

| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|---------------|-------|-------|-------|-------|-------|-------|
| Excellent | >43 | >39 | >33 | >27 | >24 | >23 |
| Good | 37-43 | 33-39 | 27-33 | 22-27 | 18-24 | 17-23 |
| Above average | 33-36 | 29-32 | 23-26 | 18-21 | 13-17 | 14-16 |
| Average | 29-32 | 25-28 | 19-22 | 14-17 | 10-12 | 11-13 |
| Below Average | 25-28 | 21-24 | 15-18 | 10-13 | 7-9 | 5-10 |
| Poor | 18-24 | 13-20 | 7-14 | 5-9 | 3-6 | 2-4 |
| Very Poor | <18 | <20 | <7 | <5 | <3 | <2 |

Test 4

Cooper 1.5 mile / 2.4 km Run Test

The Cooper 2.4 km (1.5 mile) run test is a simple running test of aerobic fitness.

| Rating | Male | Female |
|-----------|---------------|---------------|
| Very Poor | > 16:01 | >19:01 |
| Poor | 14:01 – 16:00 | 18:31 – 19:00 |
| Fair | 12:00 – 14:00 | 15:55 – 18:30 |
| Good | 10:46 – 12:00 | 13:31 – 15:54 |
| Excellent | 9:45 – 10:45 | 12:30 – 13:30 |
| Superior | < 9:44 | < 12:29 |

WHAT DO YOU DO WITH YOUR STARTING STATS?

Log them and keep them in a safe place or in a place where you can see them every day as a constant reminder as to why you are doing this.

Once you have logged these details and completed the fitness test send them over to me at thecoach@kebofit.com so that I can keep track of your results as well.

Someone needs to hold you accountable.