

# TEAM LIFE

## PROFESSIONAL DEVELOPMENT SEMINAR #1

FITNESS TESTS TO DETERMINE YOUR CURRENT FITNESS LEVEL  
THE COMPONENTS OF EXERCISE  
DEVELOPING A FITNESS PROGRAM

### **Muscular Strength and Endurance**

Muscular Strength: the amount of force a muscle can exert with a single maximum effort.

Important for smooth easy performance of everyday activities.

Muscular endurance: ability of a muscle to resist fatigue and sustain a given level of tension.

Important for good posture and injury prevention.

### Curl-Up test

Start by lying flat on back, knees bent to 90 degrees, arms straight at sides with palms down.  
Place a 12 inch ruler at the tip of your fingers. Curl up till your fingers reach the end of the ruler.  
Perform as many curl-ups as you can at a steady pace with correct form.

MY CURL-UP SCORE\_\_\_\_\_

MEN	VERY POOR	POOR	AVG	GOOD	EXCELLENT	SUPERIOR
AGE						
16-19	<48	48-57	58-64	65-74	75-93	>93
20-29	<46	46-54	55-63	64-71	75-93	>93
30-39	<40	40-47	48-55	56-64	65-81	>81
40-49	<38	38-425	46-53	54-62	63-79	>79
50-59	<36	36-43	44-51	52-60	61-77	>77
60-69	<33	33-40	41-48	49-57	58-74	>74

WOMEN	VERY POOR	POOR	AVG	GOOD	EXCELLENT	SUPERIOR
AGE						
16-19	<42	42-50	51-58	59-67	68-84	>84
20-29	<41	41-51	52-57	58-66	67-83	>83
30-39	<38	38-47	48-56	57-66	67-85	>85
40-49	<36	36-45	46-54	55-64	65-83	>83
50-59	<34	34-43	44-52	53-62	63-81	>81
60-69	<31	31-40	41-49	50-59	60-78	>78

## Push-Up Test

Women: Modified Push-ups with body supported by knees and hands. Men: regular push-up with body supported by hands and feet. Body must remain flat and lower body to about a fist off the floor. Perform as many as you can without losing form or stopping.

MY PUSH-UP SCORE \_\_\_\_\_

MEN	VERY POOR	POOR	AVG	GOOD	EXCELLENT	SUPERIOR
AGE						
18-29	<22	22-28	29-36	37-46	47-61	>61
30-39	<17	17-23	24-29	30-38	39-51	>51
40-49	<11	11-17	18-23	24-29	30-39	>39
50-59	<9	9-12	13-18	19-24	25-38	>38
>60	<6	6-9	10-17	18-22	23-27	>27

WOMEN	VERY POOR	POOR	AVG	GOOD	EXCELLENT	SUPERIOR
AGE						
18-29	<17	17-22	23-29	30-35	36-44	>44
30-39	<11	11-18	19-23	24-30	31-38	>38
40-49	<6	6-12	13-17	18-23	24-32	>32
50-59	<6	6-11	12-16	17-20	21-27	>27
>60	<2	2-4	5-11	12-14	15-19	>19

## Flexibility

Flexibility: The ability to move the joints through their full range of motion. With decreased flexibility often comes pain and inability to perform some activities of daily living.

## Sit-and-Reach Test

Sit with legs fully extended and feet flat against a step. Reach as far as you can without bouncing. Hold the stretch for 2 seconds. Reaching to your toes is equal to a score of 26cm. Those going beyond their toes will have a score over 26cm, those who cannot touch their toes will have a score under 26cm.

MY SIT-AND-REACH SCORE \_\_\_\_\_

MEN	NEEDS IMPROVEMENT	FAIR	GOOD	VERY GOOD	EXCELLENT
AGE					
15-19	<24	24-28	29-33	34-38	>38
20-19	<25	25-29	30-33	34-39	>39
30-39	<23	23-27	28-32	33-37	>37
40-49	<18	18-23	24-28	29-34	>34
50-59	<16	16-23	24-27	28-34	>34
60-69	<15	15-19	20-24	25-32	>32

WOMEN	NEEDS IMPROVEMENT	FAIR	GOOD	VERY GOOD	EXCELLENT
AGE					
15-19	<29	29-34	34-37	38-42	>42
20-29	<28	28-32	33-36	37-40	>40
30-39	<27	27-31	32-35	36-40	>40
40-49	<25	25-29	30-33	34-37	>37
50-59	<25	25-29	30-32	33-38	>38
60-69	<23	23-36	27-30	31-34	>34

## Cardiorespiratory Endurance

Cardiovascular Endurance: the ability to perform prolonged, large-muscle, dynamic exercise at moderate-to-high levels of intensity. At a low level of cardiorespiratory endurance the heart must work hard during low intensity everyday activities.

### YMCA STEP TEST

Use a 12inch bench, step at a constant stepping rate of 24 step-ups per minute, for 3 minutes. After 3 minutes, sit down on bench and locate carotid pulse. Take pulse for 1 minute.

MY 1 MINUTE PULSE COUNT \_\_\_\_\_

MEN	Very Poor	poor	Below avg	Avg	Above avg	Good	Excellent
AGE							
18-25	131-164	118-128	107-114	101-104	91-97	82-88	70-78
26-35	130-164	119-126	109-116	101-106	91-97	83-88	73-79
36-45	132-168	120-128	113-118	105-111	98-102	86-94	72-81
46-55	135-158	124-130	118-121	109-115	98-103	89-96	78-84
56-65	131-150	122-128	113-118	105-111	98-101	89-97	72-82
>65	133-152	122-126	114-119	104-113	97-102	89-95	72-86

WOMEN	Very Poor	poor	Below avg	Avg	Above avg	Good	Excellent
AGE							
18-25	142-155	125-137	118-124	110-116	100-106	88-97	72-83
26-35	141-154	129-135	121-127	112-118	103-110	91-97	72-88
36-45	143-152	130-136	120-127	111-117	104-109	93-101	74-87
46-55	138-152	127-133	121-126	117-120	106-111	96-102	76-83
56-65	142-151	129-136	119-127	113-117	106-111	97-103	74-92
>65	136-151	129-134	123-127	117-121	104-114	93-100	73-86

# Body Composition

The proportion of Fat-Free mass (muscles, bone, water, organs, tissues) to Fat mass. Healthy body composition involves a low level of body fat.

MY BODY FAT % \_\_\_\_\_

MEN	OBESE	OVERFAT	RECOMMENDED	LOW/ATHLETIC	ESSENTIAL
AGE					
20-39	>25	20-24	8-19	6-7	3-5
40-59	>28	22-27	11-21	6-10	3-5
60-79	>30	25-29	13-24	6-12	3-5

WOMEN	OBESE	OVERFAT	RECOMMENDED	LOW/ATHLETIC	ESSENTIAL
AGE					
20-39	>39	33-38	21-32	13-20	8-12
40-59	>40	34-39	23-33	13-22	8-12
60-79	>42	36-41	24-35	13-23	8-12

# Setting up an Exercise Program

## The FITT Principle

	Cardiorespiratory Endurance	Muscular Strength and Endurance	Flexibility
<b>F</b> Frequency	<b>3-5 days/week</b>	<b>2-3 non-consecutive days/week</b>	<b>2-3 days/week</b>
<b>I</b> Intensity	<b>55/65-90% of Maximum Heart Rate</b>	<b>Sufficient Resistance to fatigue your muscles– The last repetition should be hard!</b>	<b>Stretch to the point of tension. Reach and hold the stretch, do not bounce while stretching</b>
<b>T</b> Time	<b>20-60 Minutes. If you choose to workout at the low end of the heart rate range then you will need to workout for a longer period of time</b>	<b>For general fitness: 8-12 repetitions and 1-2 sets.</b>	<b>2-4 repetitions of each stretching exercise. Hold each stretch for 15-30 seconds.</b>
<b>T</b> Type	<b>Aerobic activities involving rhythmic continuous activities involving the large muscle groups. Choose an activity you enjoy doing. Examples: walking, running, bicycling, swimming...</b>	<b>Choose exercises that involve resistance against the muscles. Include resistance exercises for every major muscle group! Should be a minimum of 8-10 exercises.</b>	<b>Incorporate stretching exercises for all muscle groups. Stretch after warm-up or after workout!</b>

## Finding your Target Heart rate

20 year old

HRmax=  $220 - 20 = 200$  65% of 200= 130bpm, 90% of 200= 180bpm

40 year old

HRmax=  $220 - 40 = 180$  65% of 180=117bpm, 90% of 180= 162bpm

# Commonly Performed Exercises

