



Outpatient Rehabilitation

Physical, Occupational, and Speech Therapy

101 Streckert Brownwood, TX 76801

325-649-3160

Fitness Self-Assessment

Measuring your own fitness is one way to see if you are making progress or to help you set a baseline and goals to improve fitness. Most fitness centers have trained staff who can evaluate your body composition, muscular strength, endurance, flexibility and cardiovascular endurance. You also have everything you need to measure your fitness level. Always check with your physician before beginning a new program to make sure you have no underlying health conditions.

TEST 1: The Push-Up Test – Measures muscular strength and endurance.

Equipment needed: A stop watch or timer that can measure one full minute; a friend to help keep count and time you (optional).

Goal: Do as many push-ups as you can in one minute.

Execution: Men will assume a traditional push-up position and females can use the modified push-up position (on knees). When the push-ups start, so does the clock! Press yourself up with arms fully extended and lower yourself back until your chest is three inches from the floor (but do not touch your body to the floor). Repeat as many times as you can in one minute. You may rest only in the “up” position if necessary.

What this measures: Strength and endurance in your chest, shoulders, and triceps.

Scoring: Here are the age-adjusted standards based on guidelines published by the American College of Sports Medicine (ACSM):

Ratings for Men (Full Push Ups), based on Age

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



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Ratings for Women (Modified Push Ups), based on Age

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

Test 2: The Crunch Test – A partial curl-up measures abdominal strength and endurance.

Equipment needed: A stop watch or timer that can measure one full minute; a ruler; a friend to help keep count and time you (optional).

Goal: Do as many crunches as you can in one minute.

Execution: Although this test involves regular crunches, it has some specific guidelines. Lie down on your back with your knees bent, feet flat on the floor and your heels about 18 inches away from your behind. Place your arms at your sides, palms down, fingertips next to your hips. Place a ruler next to your fingertips in this position and measure 6 inches further. You can put a piece of paper, the ruler itself, or a piece of tape at that 6-inch marker.

Keep your hands on the floor throughout the test. Just like abdominal crunches, engage the abs to lift your head, neck, and shoulder blades off the floor, but allow your fingertips to slide toward the 6-inch marker. Return to the starting position to complete one rep. Repeat this as many times as you can in 60 seconds, counting only the number of repetitions that your fingertips successfully reach the 6-inch marker. You may rest in the starting position (relaxed), but the clock continues to run.

What this measures: Strength and endurance in your abdominals.

Scoring: Here are the age-adjusted standards based on guidelines published by the American College of Sports Medicine (ACSM):



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Ratings for Men, Based on Age

Rating	< 35 years	35-44 years	> 45 years
Excellent	60	50	40
Good	45	40	25
Marginal	30	25	15
Needs Work	15	10	5

Ratings for Women, Based on Age

Rating	< 35 years	35-44 years	> 45 years
Excellent	50	40	30
Good	40	25	15
Marginal	25	15	10
Needs Work	10	6	4

Test 3: The 3-Minute Step Test – Measures your aerobic (cardiovascular) fitness level based on how quickly your heart returns to normal after exercise.

Equipment needed: Stopwatch or clock with a second hand; a friend to help you keep count; a 12-inch bench, box, or step; a metronome (if you don't have one, use the free online version at www.MetronomeOnline.com)

Goal: Step on and off the bench for 3 minutes straight while keeping a consistent pace and then see how quickly your heart rate will come back down.

Execution: This test is based on a 12-inch step, so use one as close to 12 inches as possible, otherwise your results will be skewed. Set the metronome to 96 beats per minute and make sure you can hear the beat. Stand facing the step. When ready to begin, start the clock or stopwatch and march up and down on the step to the metronome beat (up, up, down, down) for 3 consecutive minutes. (You can rest if you need to, but remain standing.) When 3 minutes are up, stop immediately, sit down on the step, and count (or have a friend count) your pulse (use your wrist or neck) for one full minute.

What this measures: This test assesses your fitness level based on how quickly your heart



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rate recovers after exercise. The fitter you are, the quicker your heart rate will return to normal after exercise.

Scoring: Here are the age-adjusted standards based on guidelines published by YMCA.

Ratings for Men, Based on Age

	18-25	26-35	36-45	46-55	56-65	65+
Excellent	50-76	51-76	49-76	56-82	60-77	59-81
Good	79-84	79-85	80-88	87-93	86-94	87-92
Above Average	88-93	88-94	92-88	95-101	97-100	94-102
Average	95-100	96-102	100-105	103-111	103-109	104-110
Below Average	102-107	104-110	108-113	113-119	111-117	114-118
Poor	111-119	114-121	116-124	121-126	119-128	121-126
Very Poor	124-157	126-161	130-163	131-159	131-154	130-151

Ratings for Women, Based on Age

	18-25	26-35	36-45	46-55	56-65	65+
Excellent	52-81	58-80	51-84	63-91	60-92	70-92
Good	85-93	85-92	89-96	95-101	97-103	96-101
Above Average	96-102	95-101	100-104	104-110	106-111	104-111
Average	104-110	104-110	107-112	113-118	113-118	116-121
Below Average	113-120	113-119	115-120	120-124	119-127	123-126
Poor	122-131	122-129	124-132	126-132	129-135	128-133
Very Poor	135-169	134-171	137-169	137-171	141-174	135-155

Test 4: The 1 Mile Walking Test – Measures your aerobic (cardiovascular) fitness level based on how quickly you are able to walk a mile at a submaximal (moderate) exercise intensity.

Equipment Needed: Comfortable clothing and sturdy walking or running shoes; a stopwatch or a clock with a second hand; a flat one-mile walking surface, such as a standard quarter-mile track (four laps equals one mile) or a flat road where you've measured the one-mile distance with your car's odometer.

Goal: Walk one mile as quickly as possible.

Execution: We suggest that you *do not* attempt this test until you are routinely walking for 15 to 20 minutes several times per week. Do not perform this test on a treadmill, as it will skew your



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results. Warm up by walking slowly for three to five minutes. When you are ready to begin, start the clock and begin walking as fast as you can while maintaining a steady pace. You can slow down and speed up as you wish, but the goal is to complete the mile as quickly as possible. Stop your watch or check your time at the end of the mile to the nearest second. When finished, keep walking for a few minutes to cool down. Follow up with a few stretches.

Scoring: Here are the age-adjusted standards (listed in minutes and seconds) for men and women, which are based on information collected from the Cooper Institute, American Council on Exercise and other sources.

Ratings for Men, Based on Age

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	11:54-13:00	12:24-13:30	12:54-14:00	13:24-14:24	14:06-15:12	15:06-15:48
Average	13:01-13:42	13:31-14:12	14:01-14:42	14:25-15:12	15:13-16:18	15:49-18:48
Fair	13:43-14:30	14:13-15:00	14:43-15:30	15:13-16:30	16:19-17:18	18:49-20:18
Poor	>14:30	>15:00	>15:30	>16:30	>17:18	>20:18

Ratings for Women, Based on Age

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	13:12-14:06	13:42-14:36	14:12-15:06	14:42-15:36	15:06-16:18	18:18-20:00
Average	14:07-15:06	14:37-15:36	15:07-16:06	15:37-17:00	16:19-17:30	20:01-21:48
Fair	15:07-16:30	15:37-17:00	16:07-17:30	17:01-18:06	17:31-19:12	21:49-24:06
Poor	>16:30	>17:00	>17:30	>18:06	>19:12	>24:06



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These tests are great tools to see how you are doing. If you do not score as well as you like, just remember to focus on improving your scores through strength training and a good cardiovascular workout with plenty of variety to keep you from burning out. A work out partner is also another way to keep on track!

If you are experiencing aches and pains that are not going away or a sport related injury, see your physician for a referral to physical therapy for general musculoskeletal pain or occupational therapy for arm/hand pain.

Mission: To deliver high quality healthcare emphasizing excellence and compassion consistent with the healing ministries of Jesus Christ.