

Fit Test Directions

There are a few slightly different fitness testing methods in use within the fitness industry. You can choose to use this one or another recognized method. Always use your best judgment when selecting and implementing any fitness test. Remember to do a health history before conducting a fit test. Watch for contraindications to exercise or for situations (health issues or medication) that will necessitate a physician's release before client engages in any exercise program. It is better to postpone the fit test and err on the side of caution than to put a client at risk. You may need to refer some clients to a physician for fitness testing. Re-do the Fit Test approximately every 4 weeks to check progress.

1) Maximum Heart Rate

Calculate the client's maximum heart rate by subtracting his/her age from 220. The exerciser should never exercise at this rate. This number is used to calculate the target heart rate.

2) Target Heart Rate

Calculate client's target heart rate by finding the correct percentage based on the maximum heart rate. You may also inform client of the "talk test" method, where a client is exercising at a good pace if he/she can talk comfortably while exercising.

3) Take resting heart rate.

Have client find his/her heart beat. Time 10 seconds with a stop watch or second hand. Multiply the heart rate by 6. Record the number. Repeat. Calculate the average. (Or, you can have the client take his or her heart rate two consecutive mornings upon waking.)

4) 1 Mile Walk

Mark ½ of a mile with your odometer in your car and have your client briskly (yet safely) walk there and back. Use a stop watch and time the walk. Or, use a treadmill to easily track one mile and time. Record the time. If your client cannot walk the full distance, record the distance and time.

5) Exercise Heart Rate

Have the client find his/her heart beat again. Record the exercise heart rate. Check it against the maximum heart rate to see if the client falls within the safe range. Take appropriate action, if necessary (i.e., have client slow down during future exercise sessions).

6) Flexibility

Have client sit on floor with legs stretched out in front, slightly apart from each other in a narrow V. Place yard stick in between client's feet, with the 15-inch mark at the client's heel and the lower numbers closer to client's body. Hold yard stick in place and have client reach out and touch the farthest number possible. Have client do this a few times to stretch and practice. Have client do one for test. Record the number. Repeat. Calculate average and record number.

7) Push Ups

Have client do a few wall push ups for upper body warm up, if necessary. Have client do as many push ups, modified push ups, counter push ups or wall push ups as he/she can in 1 minute or until fatigue. Use stop watch. Record number and type of push ups performed.

8) Sit Ups

Have client lie supine on floor and hook his/her feet under a sofa or loveseat or hold client's feet in place, with his/her feet flat on the floor and knees bent. Have client do as many sit-ups or crunches as possible in 1 minute or until fatigue. Use stop watch. Record number and circle type (crunches or sit-ups) on form.