

Simple Fitness Assessment

As defined by Webster, fitness is the quality or state of being fit. The question is what "fit" is. Across the internet, you will see many definitions with different factors. You will also see the rapid decline of requirements, reps, or time as they are adjusted for age in most of these resources. Although a 60-year-old likely won't be able to do what his 20-year-old self did if both were in shape, the age adjustments are far too much. What follows is a simple fitness assessment designed to give you a quick view of your fitness level. If you want to go deeper, see the complex fitness assessment and look for fitness and strength calculators like [this one \(click here\)](#) online. At the end of these tests is the data as I see it after checking with dozens of tables and resources. Admittedly, I have raised the bar on excellent and good. Warm up first, be safe, check with your doctor, and have some fun. Remember, this is a test to see where you are presently; change is only a step away.

Strength –

Push-ups – In an excellent push-up position with the spine and head straight and neutral, lower your chest to the ground, get within 4 inches, and then push up to a fully extended position. You can position something right beneath your mid-sternum that is 4 inches tall to know when you have gone low enough.

Reps in 60 seconds _____

Body Weight Squats – Perform as many bodyweight squats (no weights, just your body) as possible.

Reps in 60 seconds _____

Wall sit - Alternate leg strength exercise – With your back against a wall and your legs at a 90-degree bend, hold that position without putting your hands on your legs for as long as possible.

Wall sit hold _____

Plank – In a prone position, with your feet on the ground, your legs and back straight, and your elbows under your shoulders, hold this position as long as you can

Plank hold _____

Cardio –

1-mile walk run

1 mile time _____

Pulse recovery test (Step test)

Wear a device that measures your pulse. Using whatever method you can, stationary bike, rowing machine, a box, or even jumping jacks or burpees, perform 1:00 of warm-up, 1:00 with your RPE (rate of perceived exertion at 4-5 (can still talk but not in complete sentences because your breathing is too rapid), then 1:00 of RPE of 7+ (cannot talk and feeling like you can't push any harder). ****Disclaimer: do not perform this test without your doctor's approval. Pushing yourself to an RPE over 5 can be dangerous for some people.*

Pulse rate at the end of 3:00 _____

Pulse rate after 1:00 of recovery _____

Pulse rate after 2:00 of recovery _____

Stretch test

Sitting on the ground with your legs straight and in front of you 6 inches apart, draw a line (with tape usually) at your heels. Without bouncing, reach both hands forward to that line. Touching the line is a "0". With a tape measure, record how many inches you came short of the line with a minus score or how many inches you went past the line with a plus score. (i.e., 2" past the line would be +2. 3" before the line would be a -3)

Stretch test score _____

Balance

Standing on one leg, lift your other foot and put it on the side of your knee. (Like a stork stands). Record how long you can stand there without moving the raised foot from its position.

Left leg balance _____

Right leg balance _____

Fitness levels

The number you see below is considered a good fitness level. Anything above that, and you may be in the elite category. Anything below this number means you need to work harder. As you will see, I believe that 49-year-olds can perform at a high level if they have maintained or attained a good fitness level. 49 is young!

Push-ups

| | 14-49 | 49-59 | 60-70 | 71+ |
|--------------|------------|------------|------------|------------|
| Men | | | | |
| Excellent | 50 or more | 40 or more | 35 or more | 30 or more |
| Average | 35 | 25 | 20 | 18 |
| Poor | 25 or less | 15 or less | 10 or less | 8 or less |
| Woman | | | | |
| Excellent | 20 or more | 15 or more | 10 or more | 5 or more |
| Average | 8 | 6 | 4 | 2 |
| Poor | 4 | 3 | 2 | 1 |

Wall squat

| | 14-49 | 49-59 | 60-70 | 71+ |
|--------------|-------------|-------------|------------|------------|
| Men | | | | |
| Excellent | 150 or more | 120 or more | 90 or more | 75 or more |
| Average | 120 | 90 | 70 | 55 |
| Poor | 75 or less | 60 or less | 50 or less | 40 or less |
| Woman | | | | |
| Excellent | 120 or more | 100 or more | 80 or more | 60 or more |
| Average | 90 | 70 | 55 | 40 |
| Poor | 60 or less | 50 or less | 40 or less | 30 or less |

Plank hold

| | 14-49 | 49-59 | 60-70 | 71+ |
|--------------|--------------|--------------|--------------|--------------|
| Men | | | | |
| Excellent | 3:00 or more | 2:30 or more | 2:00 or more | 1:45 or more |
| Average | 1:30 | 1:00 | :45 | :30 |
| Poor | 1:00 or less | :45 or less | :30 or less | :20 or less |
| Woman | | | | |
| Excellent | 2:30 or more | 2:00 or more | 1:45 or more | 1:30 or more |
| Average | 1:00 | :45 | :30 | :20 |
| Poor | :45 or less | :30 or less | :15 or less | :10 or less |

Body weight squats

| | 14-49 | 49-59 | 60-70 | 71+ |
|------------|------------|------------|------------|------------|
| Men | | | | |
| Excellent | 45 or more | 40 or more | 35 or more | 30 or more |
| Average | 35 | 30 | 25 | 20 |

| | | | | |
|--------------|------------|------------|------------|------------|
| Poor | 25 or less | 20 or less | 15 or less | 10 or less |
| Woman | | | | |
| Excellent | 40 or more | 35 or more | 30 or more | 25 or more |
| Average | 33 | 28 | 23 | 17 |
| Poor | 18 or less | 15 or less | 13 or less | 10 or less |

1-mile walk

| | | | | |
|--------------|---------------|---------------|---------------|---------------|
| | 14-49 | 49-59 | 60-70 | 71+ |
| Men | | | | |
| Excellent | 12:00 or less | 13:30 or less | 14:00 or less | 15:00 or less |
| Average | 13:30 | 14:00 | 15:00 | 16:00 |
| Poor | 16:00 or more | 16:30 or more | 17:00 or more | 18:00 or more |
| Woman | | | | |
| Excellent | 12:30 or less | 14:00 or less | 14:30 or less | 15:30 or less |
| Average | 14:00 | 14:30 | 15:30 | 16:30 |
| Poor | 16:30 or more | 17:00 or more | 18:00 or more | 19:00 or more |

Cardio pulse test – (per minute of recovery)

| | | | | |
|--------------|-------------|-------------|-------------|-------------|
| | 14-49 | 49-59 | 60-70 | 71+ |
| Men | | | | |
| Excellent | 25 BPM drop | 25 BPM drop | 25 BPM drop | 25 BPM drop |
| Average | 15 BPM drop | 15 BPM drop | 15 BPM drop | 15 BPM drop |
| Poor | 10 BPM drop | 10 BPM drop | 10 BPM drop | 10 BPM drop |
| Woman | | | | |
| Excellent | 25 BPM drop | 25 BPM drop | 25 BPM drop | 25 BPM drop |
| Average | 15 BPM drop | 15 BPM drop | 15 BPM drop | 15 BPM drop |
| Poor | 10 BPM drop | 10 BPM drop | 10 BPM drop | 10 BPM drop |

Flexibility test

| | | | | |
|--------------|-------------|-------------|-------------|-------------|
| | 14-49 | 49-59 | 60-70 | 71+ |
| Men | | | | |
| Excellent | 14" or more | 13" or more | 12" or more | 12" or more |
| Average | 11" | 10" | 9" | 9" |
| Poor | 3" or less | 3" or less | 2" or less | 1" or less |
| Woman | | | | |
| Excellent | 16" or more | 15" or more | 14" or more | 14" or more |
| Average | 12" | 12" | 11" | 11" |
| Poor | 7" or less | 7" or less | 6" or less | 6" or less |

Balance test

| | 14-49 | 49-59 | 60-70 | 71+ |
|--------------|-------|-------|-------|-----|
| Men | | | | |
| Excellent | 50 | 50 | 40 | 35 |
| Average | 35 | 35 | 25 | 20 |
| Poor | 10 | 10 | 8 | 5 |
| Woman | | | | |
| Excellent | 50 | 50 | 40 | 35 |
| Average | 35 | 35 | 25 | 20 |
| Poor | 10 | 10 | 8 | 5 |