



North America's Premier Health and Fitness
Training Solution

Fitness Assessment Testing

October 14, 2010

Body Composition Assessment:	Weight	184.6
	Body Fat	13.7
	Waist (narrowest)	33
	Hips (widest)	38.75
	Blood Pressure	118/59
	Pre Exercise HR	56
	BMI	23.8
Aerobic Capacity	Start HR	78
	Peak HR	186 (RPE 9.5)
	1 minute recovery	162
	2 minute recovery	128
	VO2 (calculated)	60
	Rating	Superior
Flexibility Testing	Sit and Reach test	Population Average 16 inches
	Inches	40
	Score	101
	Rating	Excellent
Muscle Strength	Bench press Test	Population Average 24 repetitions
	Repetitions	27
	Score	58
	Rating	Average
Muscle Endurance	Sit up Test	Population Average 40
	Repetitions	37
	Score	32
	Rating	Average

INFOFIT Educators
102 - 1687 West Broadway
Vancouver, BC, V6Z 3A4
Ph: 604.683.0785 Fax: 604.683-0786
admin@infofit.ca www.infofit.ca