

Rancho La Puerta Fit Check Class Record Sheet

NAME: _____

DATE: _____

1. Balance - Single leg Stand: Right _____ Left _____

2. Lower Body - Wall Sit _____

3. Cardio – ½ mile (10 min) walk test _____

4. Upper Body/Core Strength - Plank _____

- Push-ups _____

5. Shoulder Flexibility: Right _____ Left _____

6. Hip/Trunk Flexibility: Right _____ Left _____

Class & Training Recommendations

(Test can be repeated at home every 8-12 weeks to track progress)

- if you scored **good to excellent** you'll enjoy: mountain hikes & level 2 classes
- if you scored **average** you'll benefit from a progressive schedule: low land hikes building up to mountain hikes, level 1 classes leading into level 2 classes
- if you scored **needs to improve** your primary focus should be: low land hikes, level 1 classes, stretch & flexibility training

See the Link below to the “Ranch website” & follow the steps to complete the same test & gauge your progress.

Rancho La Puerta Fit Check Class

www.rancholapuerta.com

LINKS for Home Fitness Testing

1. Upper Body/Core Strength

- **Plank:** <http://www.fitsugar.com/762829>
- **Push-ups:** <http://www.consumerreports.org/health/healthy-living/fitness/staying-fit/simple-home-tests-for-physical-fitness/upper-body-strength/home-test-upper-body-strength.htm>

2. Balance - Single leg Stand: <http://www.consumerreports.org/health/healthy-living/fitness/staying-fit/simple-home-tests-for-physical-fitness/test-your-balance/home-tests-test-your-balance.htm>

3 Lower Body - Wall Sit: <http://www.topendsports.com/testing/tests/wall-sit.htm>

4. Cardio – One-Mile walk test: <http://www.consumerreports.org/health/healthy-living/fitness/staying-fit/simple-home-tests-for-physical-fitness/aerobic-fitness/home-tests-aerobic-fitness.htm>

5. Hip/Trunk Flexibility – Straight Leg Raise:

Test:

Lie on your back with knee kept straight raise one leg up off the floor as far as comfortable. Keep the other leg flat to the floor and knee straight. Then repeat on the opposite leg and compare.

Results:

Excellent: Able to raise the leg past 90 degrees towards your torso while the opposite leg stays in contact with the floor.

Good: Able to raise the leg to 90 degrees parallel to the floor.

Average: Able to raise the straight leg 60 – 90 degrees from the floor.

Needs Work: Unable to raise the leg past 60 degrees.

6. Shoulder Flexibility:

Lie on your back with legs extended on the floor. Hold hands above chest with thumbs clasped. Move arms beyond head as far back as possible toward the floor.

Results:

Excellent: Hands and elbows touch floor

Good: Hands touch floor

Needs Work: Hands and elbows above floor