

Fitness testing is a really important tool and a great way to track your progress. You may not notice how far you've come unless you set yourself a benchmark. You'll be surprised at the change in just 8 weeks! These tests are just designed for you to compare your own results against yourself so you won't find any tables telling you whether your result is above or below average. After all, the only competitor that matters is you right?

Cardio

Choose either one of these exercises

1km time trial

You will need - Find a course nearby that is relatively flat and measure out 1km. You can use any of the free running apps available from your app store or get someone to drive along the route (if possible) and use the cars odometer. Mark the beginning and the end point.

How to

Once you have warmed up for 10mins (you can do a brisk walk or jog) set your timer and go for it! If you can't run the entire 1km, jog for as long as you can and then walk the rest. Record your time.

Queen College Step Test

- A stair or a bench approx 41.3cm high (as long as you test on the same bench the next time)
- Metronome or metronome app – you can use an online version like this one <http://a.bestmetronome.com/>
- Stopwatch
- Heart Rate Monitor (optional) for instructions on how to take your heart rate see the notes section of this exercise

Step up and down on the platform at a rate of 22 steps per minute (88bpm) for females and at 24 steps per minute (96bpm) for males. You need to step using a four-step cadence, 'up-up-down-down' for 3 minutes.

At the end of the 3 minutes, rest for 15 seconds then measure your heart rate

How to take your heart rate – Find the large vein in your neck just under your jaw, place two fingers on this vein and count the beats for a period of 6 seconds. Add a zero to calculate bpm (beats per minute) eg: 16 beats in 6 seconds = 160bpm

The lower your heart rate is after this test, the better your cardiovascular fitness is.

Abdominal Strength

Plank test

You will need

- Stopwatch
- Mat – if performing this test on your knees. Just make sure you repeat the test on your knees again next time.
- How to

Perform a plank for as long as you can until failure. Failure is considered to be when you can't hold the position any longer or you lose technique. Record the time.

Note: for instructions on how to perform a plank correctly click here;

Plank knees - <https://www.empower360fitness.com.au/plank-knees-exercise>

Plank toes - <https://www.empower360fitness.com.au/plank-toes-exercise>

Lower Body Strength

Wall Sit

You will need

- a smooth wall
- stopwatch

How to

Stand comfortably with feet approximately shoulder width apart, with your back against a smooth vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle.

Hold this position until failure. Failure is considered to be when you can't hold the position any longer or you lose technique. Record the time.

Upper Body Strength

Push Ups

You will need

- Mat – if performing this test on your knees. Just make sure you repeat the test on your knees again next time.

How to

Perform as many push ups on your knees or toes as you can until failure. Failure is considered to be when you can't hold the position any longer or you lose technique. Record the number of push ups.

It's important to make sure you are holding correct form during this test. For detailed instructions on how to perform a push up click here;

Push Ups Knees - <https://www.empower360fitness.com.au/push-ups-knees-exercise>

Push Ups Toes - <https://www.empower360fitness.com.au/push-ups-toes-exercise>

Flexibility

Sit and Reach

You will need

- A step, box or crate
- A ruler

How to

Start sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box or step. Both knees should be locked and pressed flat to the floor

With the palms facing downwards, and the hands on top of each other or side by side, reach forward along the ruler as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, reach out and hold that position for at least one-two seconds while the distance is recorded. Make sure there are no jerky movements.