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Fitness Assessment Comparison shari schmidt

Cardiovascular Endurance - Step Test

Poor	Below Avg	Average	Above Avg	Excellent
> 128	128 - 119	118 - 111	110 - 90	< 90

Flexibility - Sit & Reach

Poor	Below Avg	Average	Above Avg	Excellent
< 16.6	16.6 - 18.3	18.4 - 21.4	21.5 - 23.9	> 23.9

Muscular Endurance - Sit Ups

Poor	Below Avg	Average	Above Avg	Excellent
<7	7 - 14	15 - 29	30 - 39	> 39

Body Composition - Percent Body Fat

Poor	Below Avg	Average	Above Avg	Excellent
		1		
> 20.2	20.2 24.0	24 9 24 6	24 5 42 5	- 12 5
> 29.2	29.2 - 24.9	24.8 - 21.6	21.5 - 13.5	< 13

Overall Assessment Comparison

Below Avg	Average	Above Avg	Excellent
	Below Avg	Below Avg Average	Below Avg Average Above Avg

Note: This report uses the most current Fitness Assessment and Body Fat data.