

ACSM Comparison

Name: **Sample Man**

The Heart Place

Male, 47.9 years

Test	You	Average
% Fat	34.5	21.1
Max VO2	33.0	38.1
Sit & Reach	13.0	15.3
Situps	22.0	31.0
Pushups	12.0	21.0
Leg Pr/Body Wt	0.7	1.6
Grip	45.0	40.0

