

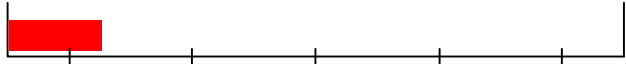
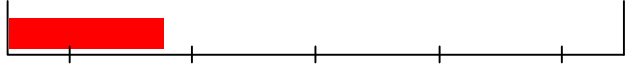
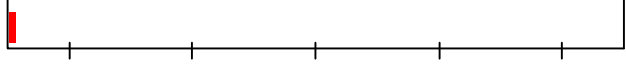
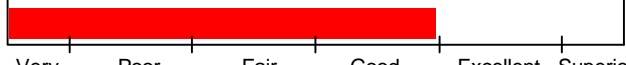
Muscular Fitness

Name: **Sample Man**

Male, 47.9 years

Test Date: 08/29/1993

The Heart Place

Measurements	Your Results	Classification
Situps Number of Situps:	22	
Pushups Number of Pushups:	12	
Leg Press Leg Press (lb):	150	
Grip Strength Right & Left Avg (kg):	45	
		Very Poor Poor Fair Good Excellent Superior

Based on the tests completed above, your overall muscular fitness classification is POOR. A high level of muscular fitness is important to the overall health and fitness of individuals. Adequate levels of strength are necessary to perform daily routines at home and at work without excessive fatigue or stress. Higher levels of muscular fitness also reduce the incidence of low back pain and injury to the musculoskeletal system.

Resistance training of moderate intensity is important for muscular fitness and the maintenance of lean body weight. The American College of Sports Medicine recommends the following guidelines for healthy adults:

- .. Perform a minimum of 8-10 separate exercises that train the major muscle groups
- .. Perform one set of 8-12 repetitions of each of these exercises to the point of near-fatigue
- .. Perform these exercises 2-3 days per week
- .. Adhere as closely as possible to the specific techniques for performing a given exercise
- .. Perform every exercise through a full range of motion
- .. Perform both the lifting and lowering portion of the resistance exercise in a controlled manner
- .. Maintain a normal breathing pattern, since breath-holding can induce excessive increases in blood pressure
- .. If possible, exercise with a training partner who can provide feedback, assistance, and motivation

Safety is important. If you are not currently participating in resistance training, it is important to speak to your physician about your new exercise plans.