



Refuel. Reactivate. Rejuvenate

COMPOSITION ASSESSMENT

PERSONAL DATA

BODY FAT CHARTS		
BODY TYPE	FEMALE	MALE
Athlete	< 17%	< 10%
Lean	17 – 22%	10 – 15 %
Normal	22 – 25%	15 – 18%
Above Average	25 – 29%	18 – 20%
Overweight	29 – 35%	20 – 25%
Obese	> 35%	> 25%

STATISTICS						
	BODY WEIGHT	BODY FAT %	LBS. BODY FAT	LBS. LEAN MASS	LBS. BF LOST	LBS. LEAN MUSCLE GAIN
INITIAL TEST						
1 ST RETEST						
2 ND RETEST						
3 RD RETEST						
CHANGE						

HEART RATE		HEART RATE CHART	
220 – AGE = MAXIMUM HEART RATE		Red-Line	90 – 100% MHR
INITIAL TEST	1 ST RETEST	Anaerobic Threshold	80 – 90% MHR
_____% to _____% = Est. HR Zone _____ to _____ BPM	_____% to _____% = Est. HR Zone _____ to _____ BPM	Aerobic	70 – 80% MHR
		Weight Management	60 – 70% MHR
		Healthy Heart	50 – 60% MHR

BMI SCORE		BMI CHART	
EVALUATION: BMI CALCULATION		BMI	STATUS
BMI = WEIGHT / (HEIGHT X HEIGHT) X 703		< 18.5	Underweight
INITIAL TEST	1ST RETEST	18.5 – 24.9	Normal
		25.0 – 29.9	Overweight
		30.0 +	Obese

MEASUREMENTS								
	FOREARM	BICEP	CALF	THIGH	HIPS	WAIST	CHEST	NECK
INITIAL TEST								
1 ST RETEST								
2 ND RETEST								
3 RD RETEST								
CHANGE								

WAIST-HIP RATIO			HEALTHY RATIO
	INITIAL TEST	1 ST RETEST	FOR WOMEN
Waist			< 0.8
Hip			FOR MEN
Waist + Hip			< 0.9

COMMENTS

POSTURAL ANALYSIS CHART

ANTERIOR					
CHECK POINT	COMPENSATION	SIDE	MUSCLE TO BE STRETCHED	FLEXIBILITY EXERCISE	STRENGTHENING EXERCISE
Foot	External Rotation	<input type="checkbox"/> Left <input type="checkbox"/> Right	Calf Complex: Gastrocnemius, Peroneals, Soleus	Calves self-myofascial release and/or standing calf stretch	Single-let calf raise, front step up to balance
Knee	Knee Adduction	<input type="checkbox"/> Left <input type="checkbox"/> Right	Adductor Complex	Seated adductor stretch	Lateral tube walking, ball squat w/ abduction, bridge w/ abduction
	Knee Adduction	<input type="checkbox"/> Left <input type="checkbox"/> Right	Piriformis, Biceps Femoris	Piriformis self-myofascial release and/or standing straight-leg hamstring stretch	Ball squat w/ adduction, Ball bridge w/ adduction, stretch
POSTERIOR					
CHECK POINT	COMPENSATION	SIDE	MUSCLE TO BE STRETCHED	FLEXIBILITY EXERCISE	STRENGTHENING EXERCISE
Foot	Pronation	<input type="checkbox"/> Left <input type="checkbox"/> Right	Peroneal	Peroneals self-myofascial release, standing calf stretch	Single-leg balance, Single-leg balance reach, single-left calf raise
	Supination	<input type="checkbox"/> Left <input type="checkbox"/> Right	Calves	Calves self-myofascial release and/or standing calf stretch	Single-leg balance, Single-leg balance reach, single-left calf raise
Lumbo/Pelvic Hip Complex	Asymmetrical Weight Shift	<input type="checkbox"/> Yes <input type="checkbox"/> No	Adductors & TFL (same side), Piriformis (opposite sides)	Piriformis self-myofascial release and/or standing straight-leg hamstring stretch of opposite side, TFL self-myofascial release and/or seated adductor stretch to same side	Ball squat, single-leg balance reach, single-leg squat, single-leg Romanian Deadlift
Upper Body	Shoulder Elevation	<input type="checkbox"/> Left <input type="checkbox"/> Right	Upper Trazpezius, Sternocleddomastoid, Levator Scapulate	Standing levator stretch	Floor cobra, ball cobra
LATERAL					
CHECK POINT	COMPENSATION	SIDE	MUSCLE TO BE STRETCHED	FLEXIBILITY EXERCISE	STRENGTHENING EXERCISE
Lumbo / Pelvic Hip Complex	Excessive Forward Lean	<input type="checkbox"/> Yes <input type="checkbox"/> No	Calf complex, Hip Flexors	Standing psoas stretch	Ball squat
	Lumbar Extension	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hip Flexors, Erector Spinae	TFL / Rectus femoris self-myofascial release and/or kneeling hip flexor stretch	Floor bridge, ball bridge, floor crunch, ball crunch
	Lumbar Flexion	<input type="checkbox"/> Yes <input type="checkbox"/> No	Hamstrings, Adductor Magnus	Standing straight-leg hamstring stretch and/or adductor magnus stretch	Floor cobra, ball cobra, ball back extension
Upper Body	Arms Fall Forward	<input type="checkbox"/> Left <input type="checkbox"/> Right	Latissumus Dorsi, Pec Major; Pec Minor	Lat self-myofascial release and/or ball lat stretch	Floor cobra, ball cobra
	Forward Head	<input type="checkbox"/> Yes <input type="checkbox"/> No	Sternocleidomastoid, Scalenes	Standing SCM and scalene stretch	Strengthening exercises may vary
	Protracted Shoulder Girdle	<input type="checkbox"/> Yes <input type="checkbox"/> No	Pectoralis Major/Minor, Latissimus Dorsi	Lat/chest self-myofascial release and/or ball lat/chest stretch	Ball prone cobra, ball scaption, ball PNF