

## CSNA Fitness Assessment Testing

Body Composition Assessment:	
Weight	219 lbs
Body Fat	21 %
Muscle Mass	162 lbs
Bone	8.4 lbs
H2O %	52.2 %
Waist (narrowest)	34
Hips (widest)	41.5
Gluteal line	24
Blood pressure	121/74
Pre exercise HR	66
BMI	27.4
RMR	2303

Aerobic Capacity:	Start HR	73
	Peak HR	163
	1 minute recovery	145
	2 minute recovery	115
	VO2 (Start)	11.8
	VO2 (AeT)	32.4
	VO2 (AT)	42.1
	VO2 (Peak)	46.3
	Rating	High End of Good

Flexibility Testing:	Sit and Reach Test	
	Inches	- 7.5
	Score	7
	Rating	Poor

Muscle Strength:	Bench Press Test	
	Repetitions	32
	Score	75
	Rating	Good

Muscle Endurance:	Sit up Test	
	Repetitions	32
	Score	64
	Rating	Average