

LIFTSTRESSAWAY

Women's Fit Tests Performed on Week 2

FITNESS TESTS TO BE DONE THE SECOND WEEK, AFTER ONE FULL WEEK OF TRAINING & EDUCATION

FIRST DAY FITNESS TESTS:

Complete On Week 2 Day 2 (Tuesday) after Warm up and Movement Prep.

(*Do not do the RKC Plank from the Movement Prep.)

MUSCLES TESTED: Core, upper body, Leg Strength

Plank Ups - Complete As Many Good Reps as you Can.

Do a practice set, take a 1 minute rest before starting. Set up your camera, and then complete your second set.

(CLICK THE THUMBNAIL BELOW FOR VIDEO)



(VIEW THE VIDEO FOR MORE DETAILED INSTRUCTIONS).

Record your Reps, and upload video on this [google form](#).

(Please trim the video to only include the exercise)

Stationary Split Lunge - Do as many reps as possible. Lower knee of back leg as low as possible between 2-4 inches from the ground if able.

Do 1 Warm up set each side, resting 30 sec - 1 min between sides.

On the Fit Test.

Take a 2 min rest before testing the other side. Do as many reps as possible. Stop when form breaks down considerably after 2-3 reps.

For Example: 23 total reps: 20 good reps, 3 questionable. Only type in the good repetitions, in this example you would record 20 good reps.

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Incline Push Up - Find a bench or platform that allows you to lower yourself to at least 90 degrees of elbow flexion. Do as many reps as possible.

(CLICK THE THUMBNAIL BELOW FOR VIDEO)



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(Please trim the video to only include the exercise)

Seated Row - 20 Rep Max, do 2 sets before anything else to estimate your Fitness Test weight. Then take a 1-2 minute rest before doing your test set.

We want 20 good reps using a weight in which form breaks down for the last 2-3 reps.

(CLICK THE THUMBNAIL BELOW FOR VIDEO)

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SECOND DAY FITNESS TESTS:

Complete On Week 2 Day 3 (Wednesday), after Warm up and Before Workout

MUSCLES TESTED: Glute Abductors, Scapular stability and surrounding musculature, abdominals: specifically the transverse abdominis.

Glute Side Plank or Side Lying Hip Abduction - Do as many reps as possible before hip flexors take over and burn or until unable to lift self or leg up.

On the Fit Test.

Do 1 Warm up set each side, resting 30 sec - 1 min between sides.

(VIEW EACH VIDEO FOR MORE DETAILED INSTRUCTIONS).

(CLICK THE THUMBNAIL BELOW FOR VIDEO)



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↓ ALTERNATE: Do this one in place of the Glute Side Plank if you found it too difficult.

DO NOT DO THIS ONE, If you did the glute side plank.

CLICK THE THUMBNAIL BELOW FOR VIDEO.



Side Lying Hip Abduction

Record your Reps, and upload video on this [google form](#).

(Please trim the video to only include the exercise)

Deadbugs - Do as many alternating repetitions before losing ability to keep back in contact with ground or back begins to get sore. Use a variation that allows you to perform the exercise using abdominals for a number of reps before hip flexors and quads become tired.

Try all variations to determine what works best for you.

On the Fit Test.

Do 1 Warm up set, only push until you begin to feel worked, rest 1 min before test.

CLICK THE THUMBNAIL BELOW FOR VIDEO.



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(Please trim the video to only include the exercise)

Wall Sit - Hold as long as you can, and sit as low as you can with the goal of achieving 90 degrees of knee flexion. Keep knees open, feet flat, and low back neutral.

CLICK THE THUMBNAIL BELOW FOR VIDEO.



(VIEW THE VIDEO FOR MORE DETAILED INSTRUCTIONS).

Record your Reps, and upload video on this [google form](#).

(Please trim the video to only include the exercise)

THIRD DAY FITNESS TESTS:

Complete On Week 2 Day 6 (Saturday) before Movement Prep & 20 min Cardio Session.

FOCUS OF TEST: Cardiovascular Endurance

If feeling stiff, do some brief mobility work before starting the Fit Test.

PERFORMANCE PROTOCOL

- Do not hold onto the treadmill, front or sides during the test.
- Push until your limit
- When done grab the treadmill and step off the track safely, right foot to right side, left foot to left side, to straddle the treadmill
- Slow down the speed and lower the incline.
- Walk 3-5 minutes to cool down at a slower tempo.

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STRUCTURE OF TEST

Treadmill Endurance Test



No warm up needed

STEP 1: Start at speed 3, Incline 5.

STEP 2: Each 30 seconds increase speed by 0.2

STEP 3: Start test as soon as caught up to speed 3 and incline 5, starting at either the 30 second mark or 1 minute mark.

VIEW BELOW FOR A BETTER UNDERSTANDING, TRY TO GET PAST SET 10
(Go as long as you can, Set 10 is not the goal, as long as possible is the goal)

| SET 1 | | SET 2 | | SET 3 | | SET 4 | | SET 5 | |
|-------|-------|-------|-------|-------|-------|-------|-------|--------|-------|
| Time | Speed | Time | Speed | Time | Speed | Time | Speed | Time | Speed |
| 30s | 3 | 1m | 3.2 | 1m30s | 3.4 | 2m | 3.6 | 2m30s | 3.8 |
| SET 6 | | SET 7 | | SET 8 | | SET 9 | | SET 10 | |
| Time | Speed | Time | Speed | Time | Speed | Time | Speed | Time | Speed |
| 3m | 4.0 | 3m30s | 4.2 | 4m | 4.4 | 4m30s | 4.6 | 5m | 4.8 |

In the [google form](#), provide me the test time only (Time minus set up)

Thanks For Doing the Fitness Tests, all your results are stored automatically and will be compared with your final test results in the Fourth Month.

Doing these fitness tests at the very start of your program gives you a baseline of your current abilities and provides motivation throughout training and a desire to improve results in the final week of testing.