



Name: Mr. Omar

Age: 30

Assessment Date: 16/9/2022

## **AEROBIC FITNESS AND HEART RATE RECOVERY**

### 3 Minutes Step test

Heart rate: 118 Beats per minute

Recovery: Below Average

Coordination: Average

Legs Endurance: Below Average

## **CORE STRENGTH AND ENDURANCE TEST**

35 Sit-ups Per minute (40% -Fair)

## **UPPER BODY STRENGTH AND ENDURANCE TEST**

21 Push-ups (35% -Fair)

## **FITNESS GOALS**

Increase muscle mass & fitness level – Focus on shoulder & upper back strength - Fat loss

## **RECOMMENDED PROGRAM**

For now, it is preferable for Mr. Omar to start with 3-4 times a week strength & functional fitness training and one time cardio.