



Name: Mrs. Aliaa

Age: 31

Assessment Date: 26/11/2022

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

#### 3 Minutes Step test

Heart rate: 126 Beats per minute

Recovery: Below average

Coordination: Average

Legs Endurance: Poor

### **CORE STRENGTH AND ENDURANCE TEST**

Postpone to next time.

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

Postpone to next time.

### **FITNESS GOALS**

Weight loss – Toning - Increase fitness level

### **RECOMMENDED PROGRAM**

For now, it is preferable for Mrs. Aliaa to start with 3-4 times a week (Light-Moderate) strength training, and Cardio.