



Name: Mrs. Menna

Age: 39

Assessment Date: 9/11/2022

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

#### 3 Minutes Step test

Heart rate: 104 Beats per minute

Recovery: Above Average

Coordination: Average

Legs Endurance: Poor

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

14 Sit-ups Per minute (10% -Poor)

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

Postpone to next assessment

### **FITNESS GOALS**

Posture routine for (rounded shoulders)

Overall muscle strength – Core – Increase fitness level

### **RECOMMENDED PROGRAM**

For now, it is preferable for Mrs. Menna to start with 3 times a week Light strength training, and mobility.