



Name: Caroline

Age: 34

Assessment Date: 15/2/2023

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

### 3 Minutes Step test

Heart rate: 106 Beats per minute

Recovery: Above average

Coordination: Good

Legs Endurance: Good

## **CORE STRENGTH AND ENDURANCE TEST**

25 Half way - Sit-ups per minute (40% Fair)

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

5 Knee - Push-ups (10% Poor)

## **FITNESS GOALS**

Increase fitness level - Muscle gain - Fat loss.

## **RECOMMENDED PROGRAM**

it is preferable for Mrs. Caroline to start with 2 times a week (Light-Moderate) strength training and 1-2 times Yoga.