

# LOST TEMPLE FITNESS

## SELF TESTS

Before starting the exercise program, it is a good idea to see where your baseline is. Taking the following tests will help guide you in the level you will need to start, and help progress by retaking the test periodically. *It is suggested to get a partner to help with both timing and safety, especially with balance tests.* The first 6 tests are modified versions with information from the *Senior Fitness Test Manual* and several websites with similar information starting at age 60, but are great for adults of any age. Tests 7-10 will help determine how quickly you can advance your balance program.

*As with the exercises in this book, these tests should also be performed by those that are otherwise healthy with no chronic or acute ailments OR with supervision of a qualified health coach/personal trainer/physical therapist.*

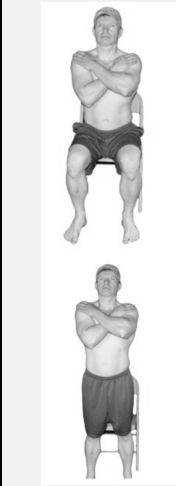

Tests 1-6 should be conducted in the follow order if you are doing them at the same time.

A general warm up should be done prior to tests (see *Warm up/Cool down*).


- Stop immediately if any adverse reactions, such as nausea, dizziness, blurred vision, pain of any kind, chest pain, confusion or loss of muscle control.
- As discussed in the book, stay hydrated, and do not proceed with testing on days with high temperature/humidity or any other conditions where you would not normally exercise.
- Practice each test several times before attempting to get an accurate score.
- It is advised that you have a second person to time the tests and make sure you are following proper form. Make sure your partner also understands the precautions and goals of these tests.

1. 30 second chair stand - Lower body strength
  - Needed for stair climbing, walking getting up out of tub/chair/car and reduce risk of falls
2. 30 second arm curl test – Upper body strength
  - Needed to lift and carry everyday items, such as groceries and toolbox
3. 2 minute step test – Aerobic endurance
  - Needed for activities that require endurance, such as walking distance, grocery shopping and climbing stairs
4. Chair sit and reach – Lower body flexibility
  - Needed for normal gait patterns, correct posture, getting in/out of car/tub
5. Back stretch test – Shoulder flexibility
  - Needed to do various activities, such as combing hair and putting on overhead garments
6. 8 foot get up and go – Agility and dynamic balance
  - Needed for pretty much anything you do that requires getting up and walking, such as go to kitchen, bathroom or answering phone.
7. Narrow stance – Balance progression
8. Staggered stance – Balance progression
9. Tandem stance – Balance progression
10. One leg standing – Balance progression



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<p><b>30 Second Chair Stand</b></p> <p>Assess lower body strength</p> <p>*May not want to perform if any chronic pain or back issues. *If you are tall and have had a recent hip replacement skip this or use taller chair.</p>		<p>Straight back or folding chair (~17 inch height) against wall.</p> <p>Stopwatch, wrist watch or clock within view with second hand</p>	<p>*Sit with feet flat on the floor and arms crossed over the chest. *Get up to a full stand, and then sit back down. ** Start the time – Immediately repeat as many <i>full stands</i> as you can in 30 seconds. *If you cannot stand with hands over chest, try pushing off on your thighs or get a chair with arms and push off arms. If using assist, make sure you note this for progression.</p>	<p style="text-align: center;"><b>Normal Range repetitions</b></p> <table border="1"> <thead> <tr> <th>Age</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>60-64</td> <td>14-19</td> <td>12-17</td> </tr> <tr> <td>65-69</td> <td>12-18</td> <td>11-16</td> </tr> <tr> <td>70-74</td> <td>12-17</td> <td>10-15</td> </tr> <tr> <td>75-79</td> <td>11-17</td> <td>10-15</td> </tr> <tr> <td>80-84</td> <td>10-15</td> <td>9-14</td> </tr> <tr> <td>85-89</td> <td>8-14</td> <td>8-13</td> </tr> <tr> <td>90-94</td> <td>7-12</td> <td>4-11</td> </tr> </tbody> </table>	Age	Men	Women	60-64	14-19	12-17	65-69	12-18	11-16	70-74	12-17	10-15	75-79	11-17	10-15	80-84	10-15	9-14	85-89	8-14	8-13	90-94	7-12	4-11
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<p><b>30 Second Arm Curl Test</b></p> <p>Upper body strength</p>		<p>Straight back or folding chair without arms. Can be done in standing.</p> <p>Stopwatch or clock within view with second hand</p> <p>Women: 5 lb dumbbell Men: 8 lb dumbbell</p> <p>Can use a wrist weight if arthritis and cannot hold a dumbbell</p>	<p>*Sit with feet flat on the floor towards the edge seat towards dominant side. **Start with the arm extended by your side holding dumbbell in the dominant hand. *Bend elbow with palm facing you keeping the upper arm next to the body (elbow pressed into your side). *Return to starting position. *Keep the wrist straight – do not flex or extend the wrist. **Start the time – Immediately repeat as many arm curls as you can in 30 seconds <i>with proper form</i>. *If you cannot hold the suggested weight with proper form, use a lighter weight. Make sure you note this for progression.</p>	<p style="text-align: center;"><b>Normal Range repetitions</b></p> <table border="1"> <thead> <tr> <th>Age</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>60-64</td> <td>16-22</td> <td>13-19</td> </tr> <tr> <td>65-69</td> <td>15-21</td> <td>12-18</td> </tr> <tr> <td>70-74</td> <td>14-21</td> <td>12-17</td> </tr> <tr> <td>75-79</td> <td>13-19</td> <td>11-17</td> </tr> <tr> <td>80-84</td> <td>13-19</td> <td>10-16</td> </tr> <tr> <td>85-89</td> <td>11-17</td> <td>10-15</td> </tr> <tr> <td>90-94</td> <td>10-14</td> <td>8-13</td> </tr> </tbody> </table>	Age	Men	Women	60-64	16-22	13-19	65-69	15-21	12-18	70-74	14-21	12-17	75-79	13-19	11-17	80-84	13-19	10-16	85-89	11-17	10-15	90-94	10-14	8-13
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<p><b>2 Minute Step Test</b></p> <p>Aerobic endurance</p>		<p>Wall for support and to mark step height.</p> <p>Sturdy chair to hold on opposite side if unsteady.</p> <p>Stopwatch or clock within view with second hand</p>	<p>*For accuracy, may need a second person to judge step height and count.</p> <p>*Step with side next to wall. Bring knee up mid-thigh between the knee and the hip. Mark the wall with tape at this height. This will be your minimum step height.</p> <p>*Practice marching in place to this step height.</p> <p>**Start the time – Immediately start marching (not jogging) for 2 minutes. Count the number of <i>full steps</i> (both legs) that come up to step height. Every time the right knee reaches proper step height, this is counted as one step.</p> <p><i>*If shortness of breath, extreme fatigue or unable to continue to step height, stop test and this is your baseline.</i></p> <p><i>* If unable to get to step height, but able to complete 2 minutes. Make sure you note this for progression.</i></p> <p><i>*If unsteady, hold onto chair on opposite side for support.</i></p>	<p style="text-align: center;"><b>Normal Range steps</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">Age</th> <th style="text-align: center;">Men</th> <th style="text-align: center;">Women</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">60-64</td> <td style="text-align: center;">87-115</td> <td style="text-align: center;">75-107</td> </tr> <tr> <td style="text-align: center;">65-69</td> <td style="text-align: center;">86-116</td> <td style="text-align: center;">73-107</td> </tr> <tr> <td style="text-align: center;">70-74</td> <td style="text-align: center;">80-110</td> <td style="text-align: center;">68-101</td> </tr> <tr> <td style="text-align: center;">75-79</td> <td style="text-align: center;">73-109</td> <td style="text-align: center;">68-100</td> </tr> <tr> <td style="text-align: center;">80-84</td> <td style="text-align: center;">71-103</td> <td style="text-align: center;">60-90</td> </tr> <tr> <td style="text-align: center;">85-89</td> <td style="text-align: center;">59-91</td> <td style="text-align: center;">55-85</td> </tr> <tr> <td style="text-align: center;">90-94</td> <td style="text-align: center;">52-86</td> <td style="text-align: center;">44-72</td> </tr> </tbody> </table>	Age	Men	Women	60-64	87-115	75-107	65-69	86-116	73-107	70-74	80-110	68-101	75-79	73-109	68-100	80-84	71-103	60-90	85-89	59-91	55-85	90-94	52-86	44-72
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<p><b>Chair Sit And Reach</b></p> <p>Lower body flexibility, primarily hamstrings</p> <p>*Do not do if recent hip replacement or severe osteoporosis.</p> <p>*Stretch to discomfort, not pain.</p>		<p>Chair (~17 inch height). Make sure chair is secure and does not tip forward.</p> <p>18 inch ruler or yardstick</p>	<p>*Sit on the edge chair – you should feel the middle of the thigh at the edge of the chair.</p> <p>*Bend one leg with foot flat on floor.</p> <p>*Straighten the target leg in front with heel on the floor and foot flexed up.</p> <p>*Reach forward with one hand over the other and middle fingers even.</p> <p>*Exhale as you bend forward at the hips and reach forward towards or past the toes. Keep the extended knee straight and adjust if it bends.</p> <p>*Practice a few times on both legs to see which one you would prefer for testing. Do two tests and measure as below.</p> <p>**Measure tips of middle fingers to the tip of the shoe (closest to ½ inch).</p> <p>***The midpoint at the toe of the shoe is considered zero (0), and is scored as such if you reach this point.</p> <p>***If the reach is short, score this as a minus (-)</p> <p>***If the reach is past this point, score this as a plus (+)</p>	<p style="text-align: center;"><b>Normal Range inches</b></p> <table border="1"> <thead> <tr> <th>Age</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>60-64</td> <td>-2.5 +4.0</td> <td>-0.5 + 5.0</td> </tr> <tr> <td>65-69</td> <td>-3.0 +3.0</td> <td>-0.5 + 4.5</td> </tr> <tr> <td>70-74</td> <td>-3.0 +3.0</td> <td>-1.0 + 4.0</td> </tr> <tr> <td>75-79</td> <td>-4.0 +2.0</td> <td>-1.5 + 3.5</td> </tr> <tr> <td>80-84</td> <td>-5.5 +1.5</td> <td>2.0 + 3.0</td> </tr> <tr> <td>85-89</td> <td>-5.5 +0.5</td> <td>-2.5 + 2.5</td> </tr> <tr> <td>90-94</td> <td>-6.5 -0.5</td> <td>-4.5 + 1.0</td> </tr> </tbody> </table>	Age	Men	Women	60-64	-2.5 +4.0	-0.5 + 5.0	65-69	-3.0 +3.0	-0.5 + 4.5	70-74	-3.0 +3.0	-1.0 + 4.0	75-79	-4.0 +2.0	-1.5 + 3.5	80-84	-5.5 +1.5	2.0 + 3.0	85-89	-5.5 +0.5	-2.5 + 2.5	90-94	-6.5 -0.5	-4.5 + 1.0
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<p><b>Back Stretch Test</b></p> <p>Shoulder flexibility</p> <p>*Do not do if any upper back, shoulder or neck injuries</p>		<p>18 inch ruler or yardstick</p>	<p>*Will need second person to measure.</p> <p>*Stand and place the target arm over the same shoulder, palm down with fingers extended. Reach down with the middle of the back.</p> <p>*Place the opposite arm around the back, palm up reaching up the middle of the back towards other hand. Try to touch middle fingers together or overlap if possible. <i>Do not overlap fingers and pull.</i></p> <p>*Practice a few times on both arms to see which one you would prefer for testing. Do two tests and measure as below.</p> <p>**Measure the distance between tips of middle fingers or overlap.</p> <p>***If the middle fingers do not touch, score this as a minus (-)</p> <p>***If the middle fingers just touch, score this as a zero (0)</p> <p>***If the middle fingers overlap, score this as a plus (+)</p>	<p style="text-align: center;"><b>Normal Range inches</b></p> <table border="1"> <thead> <tr> <th>Age</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>60-64</td> <td>-6.5 +0.0</td> <td>-3.0 + 1.5</td> </tr> <tr> <td>65-69</td> <td>-7.5 -1.0</td> <td>-3.5 + 1.5</td> </tr> <tr> <td>70-74</td> <td>-8.0 -1.0</td> <td>-4.0 + 1.0</td> </tr> <tr> <td>75-79</td> <td>-9.0 -2.0</td> <td>-5.0 + 0.5</td> </tr> <tr> <td>80-84</td> <td>-9.5 -2.0</td> <td>-5.5 + 0.0</td> </tr> <tr> <td>85-89</td> <td>-9.5 -3.0</td> <td>-7.0 -1.0</td> </tr> <tr> <td>90-94</td> <td>-10.5 -4.0</td> <td>-8.0 -1.0</td> </tr> </tbody> </table>	Age	Men	Women	60-64	-6.5 +0.0	-3.0 + 1.5	65-69	-7.5 -1.0	-3.5 + 1.5	70-74	-8.0 -1.0	-4.0 + 1.0	75-79	-9.0 -2.0	-5.0 + 0.5	80-84	-9.5 -2.0	-5.5 + 0.0	85-89	-9.5 -3.0	-7.0 -1.0	90-94	-10.5 -4.0	-8.0 -1.0
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<p><b>8 Foot Get Up And Go</b></p> <p>Agility and dynamic balance</p> <p>*If unsteady, have someone by your side in case you lose your balance.</p>		<p>Chair against wall (~17 inch height)</p> <p>Cone or other marker to walk around</p> <p>Stopwatch or clock within view with second hand</p> <p>*Put chair against wall and cone 8 feet in front. Measure from front of chair to back of cone (side facing chair).</p>	<p>*This is done better with a partner watching the clock or a stopwatch.</p> <p>*Sit on chair, back straight, feet flat on floor, one foot slightly in front, torso leaning slightly forward and hands resting on thighs.</p> <p>**Start the time – Immediately get up and walk around the cone (either side) and return to chair. Stop watch immediately when seated.</p> <p>**Try 2-3x and record the fastest time within 10<sup>th</sup> /second.</p> <p>*Can use a cane or walker, or start from standing position. Make sure you note this for progression.</p>	<p style="text-align: center;"><b>Normal Range seconds</b></p> <table border="1"> <thead> <tr> <th>Age</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>60-64</td> <td>5.6-3.8</td> <td>6.0-4.4</td> </tr> <tr> <td>65-69</td> <td>5.9-4.3</td> <td>6.4-4.8</td> </tr> <tr> <td>70-74</td> <td>6.2-4.4</td> <td>7.1-4.9</td> </tr> <tr> <td>75-79</td> <td>7.2-4.6</td> <td>7.4-5.2</td> </tr> <tr> <td>80-84</td> <td>7.6-5.2</td> <td>8.7-5.7</td> </tr> <tr> <td>85-89</td> <td>8.9-5.5</td> <td>9.6-6.2</td> </tr> <tr> <td>90-94</td> <td>10.0-6.2</td> <td>11.5-7.3</td> </tr> </tbody> </table>	Age	Men	Women	60-64	5.6-3.8	6.0-4.4	65-69	5.9-4.3	6.4-4.8	70-74	6.2-4.4	7.1-4.9	75-79	7.2-4.6	7.4-5.2	80-84	7.6-5.2	8.7-5.7	85-89	8.9-5.5	9.6-6.2	90-94	10.0-6.2	11.5-7.3
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<p><b>Narrow Stance</b></p> <p>Balance progression</p>		<p>Wall, counter or chair within arm's reach for support if needed</p> <p>Stopwatch or clock within view with second hand</p>	<p>Keep your feet together and stand for up to one minute.</p> <p>*Time stops if loss of balance with need to hold on to support.</p>	<p>One minute: Normal</p> <p><i>Progress to Staggered Stance Test</i></p> <p>*Less than 30 seconds: Continue balance program with wider stance and progress to narrow stance using support. (See Balance)</p>																								
<p><b>Staggered Stance</b></p> <p>Balance progression</p>		<p>Wall, counter or chair within arm's reach for support if needed</p> <p>Stopwatch or clock within view with second hand</p>	<p>Stand with one foot in front of the other and slightly off to the side. Stand for up to one minute. Repeat on other side for comparison</p> <p>*Time stops if loss of balance with need to hold on to support.</p>	<p>One minute: Normal</p> <p><i>Progress to Tandem Stance Test</i></p> <p>*Less than 30 seconds: Continue balance program using support. (See Balance)</p>																								
<p><b>Tandem Stance</b></p> <p>Balance progression</p>		<p>Wall, counter or chair within arm's reach for support if needed</p> <p>Stopwatch or clock within view with second hand</p>	<p>Stand with one foot directly in back of the other – toe should be touching the opposite heel. Hold for up to one minute.</p> <p>Repeat on other side for comparison</p> <p>*Time stops if loss of balance with need to hold on to support.</p>	<p>One minute: Normal</p> <p><i>Progress to One Leg Standing Balance</i></p> <p>*Less than 30 seconds: Continue balance program using support. (See Balance)</p>																								
<p><b>Single Leg Stance</b></p> <p>Balance progression</p>		<p>Wall, counter or chair within arm's reach for support if needed</p> <p>Stopwatch or clock within view with second hand</p>	<p>Stand on one leg for up to one minute.</p> <p>Repeat on other side for comparison</p> <p>*Time stops if loss of balance with need to hold on to support or if opposite foot taps the floor</p>	<p>One minute: Normal</p> <p>*Less than 30 seconds: Continue balance program using support. (See Balance)</p>																								