

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

Trunk lift score: \_\_\_\_\_

Are you in the healthy fitness zone for your age?      Yes                      No

**Trunk Lift Muscle Fitness Ratings\***

Age	Needs improvement	Healthy fitness zone
10	Less than 9 inches	9–12 inches
11	Less than 9 inches	9–12 inches
12	Less than 9 inches	9–12 inches
13	Less than 9 inches	9–12 inches
14	Less than 9 inches	9–12 inches
15+	Less than 9 inches	9–12 inches

9 inches = 23 centimeters  
 12 inches = 31 centimeters  
 \* Must hold above 9 inches (23 centimeters) for 10 seconds to pass.

Curl-up score: \_\_\_\_\_

Are you in the healthy fitness zone for your age?      Yes                      No

**Curl-Up Muscle Fitness Ratings for Males**

Age	Needs improvement	Healthy fitness zone
10	0–11 reps	12–24 reps
11	0–14 reps	15–28 reps
12	0–17 reps	18–36 reps
13	0–20 reps	21–40 reps
14	0–23 reps	24–45 reps
15+	0–23 reps	24–47 reps

**Curl-Up Muscle Fitness Ratings for Females**

Age	Needs improvement	Healthy fitness zone
10	0–11 reps	12–26 reps
11	0–14 reps	15–29 reps
12	0–17 reps	18–32 reps
13	0–17 reps	18–32 reps
14	0–17 reps	18–32 reps
15+	0–17 reps	18–35 reps

Push-up score: \_\_\_\_\_

Are you in the healthy fitness zone for your age?      Yes                      No

**Push-Up Muscle Fitness Ratings for Males**

Age	Needs improvement	Healthy fitness zone
10	0–6 reps	7–20 reps
11	0–7 reps	8–20 reps
12	0–9 reps	10–20 reps
13	0–11 reps	12–25 reps
14	0–13 reps	14–30 reps
15+	0–15 reps	16–35 reps

**Push-Up Muscle Fitness Ratings for Females**

Age	Needs improvement	Healthy fitness zone
10	0–6 reps	7–15 reps
11	0–6 reps	7–15 reps
12	0–6 reps	7–15 reps
13	0–6 reps	7–15 reps
14	0–6 reps	7–15 reps
15+	0–6 reps	7–15 reps

Bent-arm hang score: \_\_\_\_\_

Males pass if they can hold for at least 16 seconds; females pass if they can hold for at least 12 seconds.

Are you in the healthy fitness zone for your age?      Yes                      No

Leg change score: \_\_\_\_\_

Males and females pass if they can do at least 25 leg changes in 1 minute.

Are you in the healthy fitness zone for your age?      Yes                      No

## Reflection Questions

1. Which assessment means the most to you, and why?

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2. Did your performance on any test surprise you, and if so, why?

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3. What component of muscle fitness would you like to improve, and why?

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4. Can you think of a better test of muscle fitness for the activities you participate in? Does it test muscular strength or endurance?

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