

Info

Name _____ Sex ☐ Female ☐ Male Age _____ Weight _____ kg Height _____ cm

Mobility

Toe touch

Tick the level you reach (1 to 5)

1

Fingertips >10 cm above the toes

2

Fingertips 5–10 cm above the toes

3

Fingertips 0–5 cm above the toes

4

Fingertips touch the toes

5

Knuckles touch the toes



Shoulder mobility

Tick the level you reach (1 to 5) per side

L

R

1

1

Pain in the shoulder

2

2

Paper does not pass between hands

3

3

Paper passes between the hands

4

4

Fingertips touch

5

5

Fingers hook together



Squat

Tick the level you reach (1 to 5)

1

Can't touch the ground

2

Fingertips touch the ground

3

Fists touch the ground

4

Full palms touch the ground

5

Arms overhead, hold 5 s, heels down



Spinal rotation

Tick the level you reach (1 to 5) per side

L

R

1

1

Pain when rotating

2

2

Can't rotate past 90°

3

3

Past 90°, feet side by side

4

4

Past 90°, opposite foot just behind

5

5

Past 90°, opposite foot 10+ cm behind



Mobility + Balance

Hip flexor

Hug one knee, mark the situation for the relaxed leg per side

L

R

1

1

Pain, or thigh lifts clearly off the floor

2

2

Thigh lifts, a flat hand fits under it

3

3

Thigh down, knee bent, foot off the floor

4

4

Whole leg flat, knee turned outward

5

5

Whole leg flat and straight, kneecap up



Y-balance test

Reach in cm per leg and direction. One practice reach first.

	Left (cm)	Right (cm)
Front		
Back left		
Back right		



Strength

Upper body: Grip strength

Best of 3 attempts per hand

Right hand _____ kg

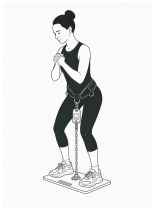
Left hand _____ kg



Lower body: Isometric squat

Best of 2 attempts

Force _____ kg



Muscular endurance

Upper body: Push-ups

As many push-ups in 60 sec

Reps in 60 s _____

Men on toes, women on knees

according to scientific references



Lower body: Squat hold

Enter the total hold time while you keep the 90° angle

Time _____ sec



Cardio

Aerobic fitness: VO2max

Read the value from the screen after the measurement

VO2max _____ ml/kg/min



Next step: Get your fitness profile

Enter your values to get your fitness profile, your weak spots and the exercises to start with.

be-sapiens.com/training-plan

