



HealthyBodyHealthyLife  
with *Melissa Koerner*

## Total Transformation Module 5 – Part 6: How to Complete Your DIY Fitness Assessment

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### Purpose of the DIY Fitness Assessment

- The DIY Fitness Assessment is designed to help you evaluate your **current** fitness level so you can determine the best exercises for you to **start** with.
- You'll be assessing **four** key areas:
  - Flexibility
  - Core Function
  - Balance
  - Range of motion

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## 4 Parts to Your DIY Fitness Assessment

- **Part 1: Flexibility**—You’re going to perform a series of flexibility assessments to help you determine which muscles are **tight** and therefore need to be stretched, which will determine where to **start** with stretching exercises.
- **Part 2: Core Function**—You’re going to perform core function assessments to assess if your deep core muscle are functioning **properly**, which will determine where to **start** with your core conditioning exercises.
  - Core conditioning exercises will help you **restore** your core function; when you’re able to **pass** the core test exercises, you’ll be ready to perform more advanced core conditioning exercises.
- **Part 3: Balance**—You’re going to perform a simple balance assessment to assess your **current balance**, which will determine where to start with your balance exercises.

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## 4 Parts to Your DIY Assessment

- **Part 4: Range of Motion**—There are **seven** basic movement patterns we all need to be able to perform in order to perform **daily** tasks safely, without injury.
  - They’re called **“Primal Pattern™ Movements”** because they were necessary to survive in our developmental environment.
  - They are: squatting, bending, pushing, pulling, lunging, twisting and walking.
  - Your ability to perform the first six movements **increases** your pelvis and core stability, which **improves** gait and decreases risk of injury when walking.

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## 4 Parts to Your DIY Assessment

- **Part 4: Range of Motion cont.**
- You're going to be performing **range of motion tests** on your ability to squat, bend, push, pull, lunge and twist.
- This will help you determine where you should **start** with your resistance exercises.

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## Why Assessing is Important

- Performing these baseline assessments is very important **before** you begin any kind of exercise.
- If you are not able to perform some or all of these assessments, it means you have **weaknesses** and muscle **imbalances** in your body.
- You will either need to continue to practice the assessment exercises until you're able to perform them **comfortably** or you'll perform other recommend conditioning exercises **before** moving on to more advanced exercises.
- These movements create a **baseline** to be able to perform daily physical tasks easily; doing other movements without mastering these basic movement patterns may result **injury** and **poor** response to exercise.

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## Where to Start

If you were **not** able to perform **some** or **all** of the exercises from the DIY Fitness Assessment, you'll need to **practice** either the assessment exercises or the other recommended modified exercises (which are outlined for you in the "Baseline Exercise Plan") **before** moving on to more advanced exercises starting with the "Phase 1 Exercise Plan."

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## How to Use The Baseline Exercise Plan

- Print enough copies of this form for at least **two to three** workouts per week for a minimum of **four weeks**.
- Write down the **date** you do the workout and track the number of **reps** and **sets** you're able to perform for each workout to track your progress.
- After you complete the form **store** it in a folder or binder so you can look back to see your progress.

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## How to Progress After the Baseline Exercise Plan

- After you're able to **comfortably** perform the baseline exercises, you can move on to the four-phase exercise plan starting with the "Phase 1 Exercise Plan."
- Each of the four exercise plans has an **instructional** video walking you through how to perform the exercises.
- The instructional videos are under **Module 5 Part 7**.

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## How to Progress After the Baseline Exercise Plan

- You'll perform the Phase 1 Exercise Plan for **two to three days** per week for a minimum of **four weeks**.
- When you're able to **comfortably** perform the exercises, you can progress to the Phase 2 Exercise Plan.
- If after **four weeks** the exercises are still challenging, keep performing the Phase 1 Exercises for another two to four weeks until you're able to perform them with **ease**.
- You'll continue to **progress** through the Phase 3 and Phase 4 Exercise Plans in this fashion.

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## Remember...

- Your body **plateaus** and **stops** responding to exercise as soon as it **adapts** to the demand placed on it.
- To see **changes** in your body, your body needs to see **changes** in your workouts.
- Mix up your work outs with the appropriate **progressions**.

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