



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 5 - Part 6

DIY Fitness Assessment Tracker



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Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



| PART I: STRETCH TEST

Equipment Needed:

- Yoga mat
- Stability Ball
- Chair
- Hand Towel

Note: You will need a burst resistant stability ball sized appropriately for your height. (See the Stability Ball Size Chart on page 10 to help you select the correct size.)

Here's a burst resistant stability ball: <http://amzn.to/2kXGM1p>.

Directions:

Have this sheet handy as you perform each exercise, following Part 1 of the DIY Fitness Assessment Video. You will check off the stretches where you feel tightness in your muscles. The stretches you check off will become your stretch program. Remember, you only want to stretch muscles that feel tight. Ideally, you want to stretch all tight muscles **daily**, as many times as needed. After 12 weeks, retake the stretch test to see if your results have changed.

- | | |
|---|---|
| <input type="checkbox"/> Neck Side Stretch | <input type="checkbox"/> Waiter's Bow Stretch |
| <input type="checkbox"/> Levator Scapulae Stretch | <input type="checkbox"/> Groin Stretch |
| <input type="checkbox"/> Scratch Stretch | <input type="checkbox"/> 90/90 Hip Stretch* |
| <input type="checkbox"/> Chest Stretches | <input type="checkbox"/> Kneeling Lunge |
| <input type="checkbox"/> Lat Stretch | <input type="checkbox"/> Trunk Rotation Stretch |
| <input type="checkbox"/> Rhomboid Stretch | <input type="checkbox"/> Squat Stretch |
| <input type="checkbox"/> Back and Abdominal Stretch * | <input type="checkbox"/> Hamstring Stretch |
| <input type="checkbox"/> Quad Stretch | <input type="checkbox"/> Calve Stretches |

***Note About Back and Abdominal Stretch:** If you feel dizzy doing this stretch stop immediately. A limited ability to bend backward may lead to over-extension of your neck resulting in dizziness, nausea and vision changes. Be sure to get a thorough evaluation of your neck by a doctor to rule out occlusions (blocked blood vessels.)

***Note About 90/90 Hip Stretch:** If you have a history of back pain, to help you keep your lumbar curve and prevent you from overstretching, have someone put two pieces of athletic tape on your lower back (from bottom rib to top of pelvis) along both sides of your spine. Be sure to adhere tape from a standing, upright position.



PART 2: CORE ACTIVATION TESTS

Equipment Needed:

- Yoga mat
- Weight or object you can pick up comfortably that's not too light (about 3-5 pounds)
- A piece of strong string long enough to tie around your waist (across your belly button)

Directions:

Have this sheet handy as you perform each exercise, following Part 2 of the DIY Fitness Assessment Video. For each assessment, circle the statement that best describes you as you perform the exercise.

1. **Forward Bend Test:** Circle which one applies as you bend over:

- a. You feel the string around your waist tighten.
- b. You feel the string around your waist stay the same.
- c. You feel the string around your waist loosen.

2. **Lower Abdominal Test:** Circle which one applies as you perform the assessment:

- a. You are able to maintain the pressure of your spine on your fingers as you lower your feet to the ground.
- b. You are **NOT** able to maintain the pressure of your spine on your fingers as you lower your feet to the ground (in other words, your back lifts off the ground.)

If you are not able to perform one or both of these assessments you will need to perform the core activation exercises—**4-Point Tummy Vacuum** and **Pelvic Tilt**—for a minimum of four weeks, two to three times per week to restore your core function (see the DIY Fitness Assessment video for instructions on how to perform these exercises.) When you're able to pass the core activation exercises you'll be ready to perform more advanced core conditioning exercises starting with the Phase 1 Exercise Plan.



| PART 3: BALANCE TEST

Equipment Needed:

- Yoga mat

Directions:

Have this sheet handy as you perform each exercise following Part 3 of the DIY Fitness Assessment Video. Circle the statement that best describes you as you perform the assessment.

Single-Leg Balance:

- a. You are able to lift your foot off the ground bringing your hip to a 90-degree angle and holding this position without putting your foot down for a **minimum of 20 seconds**.
- b. You are **NOT** able to lift your foot off the ground bringing your hip to a 90-degree angle and holding this position without putting your foot down for a minimum of 20 seconds.

If you are not able to perform the single leg balance, you will need to keep practicing the exercise for a minimum of four weeks, two to three times per week to build up your balance. When you're able to pass the balance test you'll be ready to perform more advanced balance exercises starting with Phase 1 Exercise Plan.



PART 4: RANGE OF MOTION TESTS

Equipment Needed:

- Yoga mat
- Stability Ball
- Light Resistance Band
- Broom Stick

Note: You will need a stability ball sized appropriately for your height. (See the **Stability Ball Size Chart** on page 9 to help you select the correct size.) Here's a burst resistant stability ball <http://amzn.to/2kXGM1p> and good quality resistance bands <http://amzn.to/2lbE6IP>

Directions:

Have this sheet handy as you perform each exercise, following Part 4 of the DIY Fitness Assessment Video. For each exercise circle "YES" if you are able to perform **20 repetitions** of the movement **comfortably** with **perfect form**, and circle "NO" if you are not. If you are not able to perform the baseline assessment exercise, you will need to perform the modified exercises provided for a minimum of four weeks, two to three times per week to build up your range of motion in the given movement pattern (see the DIY Fitness Assessment video for instructions on how to perform these exercises.) When you're able to pass all of the range of motion assessment exercises you'll be ready to perform the Phase 1 Exercise Plan.

1. Single-Arm Pull: YES/NO

If no, how many repetitions were you able to do?: _____

If you are not able to comfortably perform the Single-Arm Pull, you will need to perform the **Seated Band Pull** for a minimum of four weeks, two to three times per week to build up your range of motion in this movement pattern. Once the Seated Band Pull starts to feel easy, you'll progress up to the Lateral Lunge with One-Arm Row. When you're able to comfortably perform 20 repetitions of the Lateral Lunge with One-Arm Row with perfect form you'll be ready to perform more advanced pulling exercises starting with Phase 1 Exercise Plan.



PART 4: RANGE OF MOTION cont.

2. Twist with Body Weight: YES/NO

If no, how many repetitions were you able to do?: _____

If you are not able to comfortably perform the Body Weight Twist, you will need to keep practicing the exercise for a minimum of four weeks, two to three times per week to build up your range of motion in this movement pattern. Once the Body Weight Twist starts to feel easy, and you're able to comfortably perform 20 repetitions with perfect form you'll be ready to perform more advanced twisting exercises starting with Phase 1 Exercise Plan.

3. Static Lunge: YES/NO

If no, how many repetitions were you able to do?: _____

If you are not able to comfortably perform the Static Lunge, you will try performing 20 repetitions of the **Supported Lunge**, which is a modified version of the exercise. If you are not able to comfortably perform the Supported Lunge, you will try performing 20 repetitions of the **Wall Lunge**, which is another modified version of the exercise.

Whichever exercise you're able to perform comfortably you'll perform the next one up for a minimum of four weeks, two to three times per week to build up your range of motion in this movement pattern so you can ultimately pass the Static Lunge assessment. For example, if you are able to perform the Wall Lunge easily, then you'll perform the Supported Lunge for a minimum of four weeks. Once the Supported Lunge starts to feel easy, you'll progress to the Static Lunge. If the Wall Lunge feels challenging, then you'll start with that exercise, and when it starts to feel easy, you'll progress to the Supported Lunge and eventually the Static Lunge. When you're able to comfortably perform 20 repetitions of the Static Lunge with perfect form you'll be ready to perform more advanced lunge exercises starting with the Phase 1 Exercise Plan.



| PART 4: RANGE OF MOTION cont.

4. Genie Squat: YES/NO

If no, how many repetitions were you able to do?: _____

If you are not able to comfortably perform the Genie Squat, you will try performing 20 repetitions of the **Supported Squat**, which is a modified version of the exercise. If you are not able to comfortably perform the Supported Squat, you will try performing 20 repetitions of the **Stability Ball Wall Squat**, which is another modified version of the exercise.

Whichever exercise you're able to perform comfortably you'll perform the next one up for a minimum of four weeks, two to three times per week to build up your range of motion in this movement pattern so you can ultimately pass the Genie Squat assessment. For example, if you are able to perform the Stability Ball Squat easily, then you'll perform the Supported Squat for a minimum of four weeks. Once the Supported Squat starts to feel easy, you'll progress to the Genie Squat. If the Stability Ball Squat feels challenging, then you'll start with that exercise, and when it starts to feel easy, you'll progress to the Supported Squat and eventually the Genie Squat. When you're able to comfortably perform 20 repetitions of the Genie Squat with perfect form you'll be ready to perform more advanced squat exercises starting with the Phase 1 Exercise Plan.

5. Wall Push-Up: YES/NO

If no, how many repetitions were you able to do?: _____

If you are not able to comfortably perform the Wall Push-Up (with your feet placed at least two feet away from the wall,) you will need to keep practicing the exercise for a minimum of four weeks, two to three times per week to build up your core strength in this movement pattern. Once the Wall Push-Up starts to feel easy (with your feet spaced 3 to 3 ½ feet away from the wall), and you're able to comfortably perform 20 repetitions with perfect form, you'll be ready to perform more advanced push-up exercises starting with the Phase 1 Exercise Plan.

6. Static Bend: YES/NO

If no, how long were you able to hold the exercise?: _____

If you are not able to comfortably perform the Static Bend, you will need to keep practicing the exercise for a minimum of four weeks, two to three times per week to build up your core strength in this movement pattern. Once the Static Bend starts to feel easy, and you're able to comfortably hold the position for a minimum of 3 ½ minutes with perfect form you'll be ready to perform more advanced bending exercises starting with the Phase 1 Exercise Plan.



Stability Ball Size Chart

Application	Height	Ball Size
Chair	5'2" & under	55 cm
Chair	5'2" & over	65 cm
Chair	6'0" & over	75 cm
Exercise	4'1" - 5'1"	45 cm
Exercise	5'2" - 5'8"	55 cm
Exercise	5'7" - 6'2"	65 cm
Exercise	6'3" & over	75 cm