

Strength Appraisal Worksheet
Fit for Life

1. Name _____ Sex _____

2. Body Weight _____

Determine the recommended percentage of total body weight for each exercise. Perform as many repetitions as you can, up to listed maximum, through a full range of motion.

3.

<u>Exercise</u>	<u>Percent of Body weight</u>		<u>Weight</u>	<u>Reps.</u>	<u>Points</u>	<u>Fitness Category</u>
	<u>(Male)</u>	<u>(Female)</u>				
Squat	1.10	.90	_____	_____	_____	_____
Bench Press	1.0	.65	_____	_____	_____	_____
Lat machine	1.0	.75	_____	_____	_____	_____
Leg Press	1.50	1.0	_____	_____	_____	_____
Shoulder Press	.65	.50	_____	_____	_____	_____
Inc. Bench	.60	.40	_____	_____	_____	_____

Fitness Category Chart

Exercise and Repetitions

<u>Fitness Category</u>	<u>Points</u>	<u>Squat</u>		<u>Bench Press</u>		<u>Lat Pulldowns</u>	
		<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
Very poor	5	2 or less	2 or less	1-2	1-2	5 or less	2 or less
Poor	7	3-4	3-5	1-6	3-4	6-7	3-5
Fair	9	5-7	6-7	7-11	4-5	8-9	6-8
Good	11	8-9	8-11	12-15	6-10	10-12	9-10
Very good	13	10-14	12-15	16-20	11-15	13-16	11-15
Excellent	15	15-20	16-20	21-22	16-20	17-25	16-24
Superior	17	21+	21+	23+	21+	26+	25+

	<u>Points</u>	<u>Leg Press</u>		<u>Shoulder Press</u>		<u>Inc. Bench</u>	
		<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
Very Poor	5	5 or less	2 or less	1 or less	0	1 or less	0
Poor	7	6-7	3-4	2-3	1-2	2	1
Fair	9	8-10	5-7	4-7	3-4	3-7	2-3
Good	11	11-12	8-9	8-10	5-6	8-11	4-5
Very Good	13	13-14	10-12	11-14	7-9	12-16	6-13
Excellent	15	15-19	13-19	15-19	10-16	17-25	15-26
Superior	17	25+	20+	20+	17+	27+	24+

4. Overall Strength Score _____ (Total all of the points in the selected exercises)

5.

Strength Fitness Category

<u>Strength score</u>	<u>Category</u>
Less than 42	Very poor
42-53	Poor
54-65	Fair
66-77	Good
78-89	Very good
90-101	Excellent
More than 101	Superior