



HYBRID FITNESS SYSTEMS ASSESMENT SHEET

NAME: _____

DATE: _____

HIIT Training Assessment:

2 Rounds

Pushups 1. _____ 2. _____

Air Squats 1. _____ 2. _____

Upper Ab Crunch 1. _____ 2. _____

Seal Jumping Jacks 1. _____ 2. _____

Total Reps: _____

1. Each Exercise for 30 seconds.
2. Rest for 30 seconds after each exercise.
3. Record the number of reps you were able to of of each exercise
4. Add up the total number of reps completed for all exercises to get your total score

Measurements and BF%:

Neck. Measure neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. Round the measurement up to the nearest half inch (or half centimeter).

Neck Measurement: _____

Waist. Measure the natural waist circumference, against the skin, at the narrowest point of the abdomen. This is usually about halfway between the navel and the lower end of the sternum (breast bone). Be sure the tape is level and parallel to the floor. Round the measurement down to the nearest half inch (or half centimeter).

Waist Measurement: _____

Hip. Measure the hip circumference, passing the measuring tape over the greatest protrusion of the

glutes as viewed from the side. Make sure the tape is level and parallel to the floor. Round the hip measurement down to the nearest half inch (or half centimeter).

Hip Measurement: _____

Wrist: Measure around the thinnest part of your wrist.

Wrist Measurement: _____

Forearm: Measure the thickest part of your forearm.

Forearm Measurement: _____

Enter Your Information at the following website to calculate your BF%:

<http://www.active.com/fitness/calculators/bodyfat>

Body Fat Percentage: _____

Weight Assessment:

Weight: _____