Data Results Sheet

NAME__________________________________________ DATE_____________________

1. Heart Rate
Resting Heart Rate (HR_{rest}): ________

Estimated Heart Rate Max (HR_{max}): ________
[220 - age]

2. Estimated Training Zones
Zone I: ________ to ________
[HR_{max} x 0.65 to 0.75]: If first-time exerciser use; [HR_{max} x 0.50 to 0.65]

Zone II: ________ to ________
[HR_{max} x 0.76 to 0.85]

Zone III: ________ to ________ ONLY to be used by high level client or approved by physician
[HR_{max} x 0.86 to 0.95]

3. Blood Pressure
Systolic: ________
Diastolic: ________

4. BMI score: ________
weight (kg) / height (m^2) or [weight (lbs) / height (inch^2)] x 703

5. Body Fat
Biceps: ________ Triceps: ________ Subscap: ________ Iliac: ________ Total BF%: ________

6. Circumference Measurements
Calves: ________ Biceps: ________ Forearm: ________

7. Cardio Assessments
Step Test
VO_2 score: ________ Rating: ________ Beginning Zone: ________ Stage: ________

\[
\text{Duration of exercise (sec) x 100 = CV efficiency} \\
\text{Recovery pulse x 5.6}
\]

Rockport Walk Test
VO_2 score: ________ Rating: ________ Beginning Zone: ________ Stage: ________

\[
132.853 - (0.0769 \times \text{weight}) - (0.3877 \times \text{age}) \\
+ (6.315 \times 1 \text{ for men or } + (6.315 \times 0) \text{ for women} \\
- (3.2649 \times \text{time in minutes}) - (0.1565 \times \text{heart rate}) = \text{VO}_2 \text{ score}
\]

National Academy of Sports Medicine
## 8. Movement Assessments

### Overhead Squat

<table>
<thead>
<tr>
<th>View</th>
<th>Kinetic Chain Checkpoint</th>
<th>Movement Observation</th>
<th>Left</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anterior</td>
<td>Feet</td>
<td>Turn out</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Knees</td>
<td>Move inward</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lateral</td>
<td>Lumbo-pelvic-hip complex</td>
<td>Excessive forward lean</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lumbo-pelvic-hip complex</td>
<td>Low back arches</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoulder complex</td>
<td>Arms fall forward</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Single-leg Squat

<table>
<thead>
<tr>
<th>View</th>
<th>Kinetic Chain Checkpoint</th>
<th>Movement Observation</th>
<th>Left</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anterior</td>
<td>Knee</td>
<td>Moves Inward</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Pushing/Pulling

<table>
<thead>
<tr>
<th>Kinetic Chain Checkpoints</th>
<th>Movement Observation</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lumbo-pelvic-hip complex</td>
<td>Low back arches</td>
<td></td>
</tr>
<tr>
<td>Shoulder complex</td>
<td>Shoulders elevate</td>
<td></td>
</tr>
<tr>
<td>Head</td>
<td>Head protrudes while pushing</td>
<td></td>
</tr>
</tbody>
</table>

### Overactive (tight) muscles:
1. 
2. 
3. 
4. 
5. 
6. 

### Underactive (weak) muscles:
1. 
2. 
3. 
4. 
5. 
6.