

Online fitness assessment guide



Please remember the following on the day of your assessment:

- Make sure you have paid the health professional before the test, as the health professional can only submit the results after payment is received.
- Please have a mat or towel close by as you will be doing the assessments on the mat or towel.
- You'll need to have a tape measure with you to measure your waist circumference.
- You will need to give your height, in centimetres, to the health professional conducting your assessment.

Do not do additional training before the assessment because this may affect the outcome of your fitness assessment level.

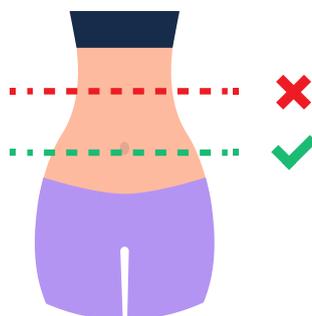
Here are some tips to familiarise yourself on what assessments will be done.

01

Body composition

How to measure your waist circumference:

Place a tape measure around your body at the top of your hip bone. This is usually at the level of your belly button.



Incorrect. Waist circumference is NOT the narrowest part of the waist.

Correct. Measure your waist at the level of the belly button.

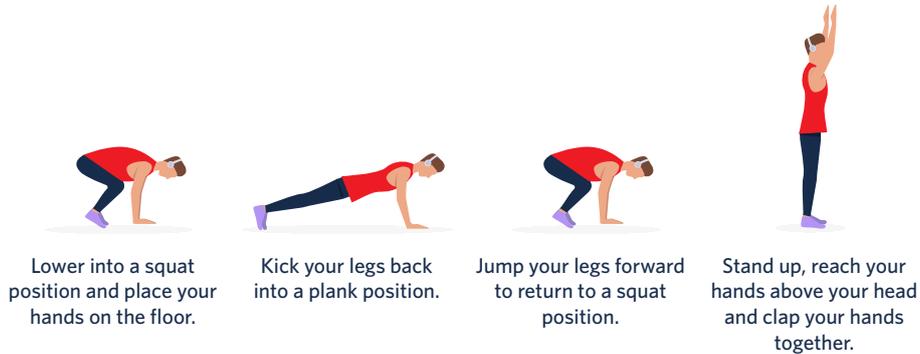
02

Cardiovascular fitness

For the cardiovascular component, the health professional will only count the exercises that were done correctly. Burpees are the preferred cardiovascular fitness test. However, depending on your pre-examination form, the health professional may recommend an alternative assessment.

How to do a burpee:

The correct setup for a burpee is to stand with your feet shoulder-width apart and your arms at your sides.



03

Muscle strength

For the muscle strength component, the health professional will only count the exercises that were done correctly.

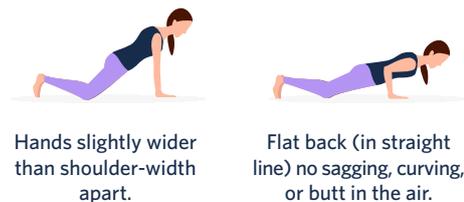
How to do a push-up for men:

The correct setup for a standard push-up is to position your hands shoulder-width apart, or a little bit wider.



How to do a push-up for women:

The correct setup for a female push-up is to perform the push-up from the knees. Position your hands shoulder-width apart, or a little bit wider.



Members over the age of 60 will have an alternative option to choose from.

Good luck with your online fitness assessment!