

Simple At-Home Fitness Test

An easy way to know if you are making progress with your exercise is to do this test each month. Don't forget to record your progress.

If you have health problems, consult your physician before beginning this test.

- Number of squats in one minute
Sit on the edge of a chair and stand up, then go down until you almost touch the chair
- Number of push-ups in one minute
Wall, knee, or toe will work; record which style
- Number of sit-ups in one minute
Bend knees at 45° and hook your toes under a couch for stability
- Time for one-mile walk or run

Repeat this test after one month.

Aerobic Exercise Zone

As you become more fit try to keep your heart rate in your aerobic zone. Maximum benefit occurs when you are in your zone for 30 minutes per day.

Age Min–Max Heart Rate (BPM)

15	123 – 164
20	120 – 160
25	117 – 156
30	114 – 152
35	111 – 148
40	108 – 144
45	105 – 140
50	102 – 136
55	99 – 132
60	96 – 128
65	90 – 120
70	90 – 120
75	87 – 116