FITNESS ASSESSMENT INSTRUCTIONS

The first and most important step in your fitness program is a fitness assessment administered by the Human Performance Lab staff. The entire assessment package consists of:

- Skinfolds (body composition)
- Submaximal bike test (aerobic capacity)
- Sit and reach (flexibility)
- Curl-ups or Sit-ups, push-ups, handgrip, and leg press (muscular strength and endurance)

Please note the following items prior to testing:

**Clothing:** Comfortable athletic clothes and shoes are recommended. Please wear or bring shorts and a short sleeve t-shirt. Women are encouraged to wear a sports bra.

**Stimulants:** Please refrain from the use of coffee, tea, cola, and tobacco use for 4 hours prior to the test. One cigarette may increase your heart rate up to 25 bpm for one hour.

**Exercise:** Previous exercise may cause muscle soreness or pre-muscular fatigue during your exercise test. For this reason you should refrain from exercise the day of your test.

**Drugs:** Please inform the testing staff of any prescription drugs or non-prescription drugs that you have taken up to 48 hours prior to testing.

Please consider all of the above instructions and allow at least 1 ½ hours for a fitness assessment. If for any reason you are unable to arrive for your scheduled time, please contact the Human Performance Lab at (312) 355-0135 or (312) 996-7813. We hope to make your fitness assessment an informative and educational experience.