



Leo Fitness

Train with Pride



How to:

- TEST YOUR CURRENT LEVEL OF FITNESS.
- IDENTIFY YOUR WEAKNESSES.
- MAXIMIZE THE EFFECTIVENESS OF YOUR TRAINING

DISCLAIMER

The authors, publishers and vendors of this training program and manual claim and will accept no responsibility or liability to any person for any liability, loss, damage, injury, or death caused or contributed to, or alleged to be caused or contributed to, directly or indirectly, as a result of, related to or in connection with the use, application, or interpretation of the information or guidance within. Injuries, including serious and permanent injuries, can occur while exercising (including the use or reliance on any information or guidance in this training program and manual) and may be related to your general health, your genetics, any illness, health and/or medical condition(s) you may have (whether known or undetected), your overall physical abilities, and the care with which you conduct yourself. By purchasing, reading and/or using this training program or manual, you assume all such risks on behalf of yourself and anyone else with whom you use this training program and manual. If you are unsure of how to conduct yourself while following any part of this training guide or in relying on any guidance or information therein, you should seek face-to-face professional advice from a qualified, certified and accredited personal trainer, other qualified fitness professional, and/or physician.

Before beginning any exercise program, including this one, you should consult with your physician.

No individual results can be guaranteed, predicted, or foreseen.

There are inherent risks to engaging in physical activity. If you are unsure or uncomfortable with any of the risks associated with physical activity, consult a fitness or medical professional before engaging in physical activity.

STRENGTH - STANDARDS

Below are some recommendations for Strength Standards before attempting your Physical Abilities Test. These standards are not a guarantee of success or failure. However, if you meet the standards you are both more likely to succeed and complete the test with a competitive time.

Exercise Tutorials: <https://www.leo.fitness/exercises>

Fitness Test	Goal Scores
Bench Press 3 Rep Max (spotter recommended) How to perform Bench Press Testing: 1 REP MAX BENCH PRESS TEST - Follow these instructions, but instead use a final score that you can press for 3 reps. Once you have your score, use this 1RM CALCULATOR for an estimate of your 1 rep max.	1 Rep Max: Men: 1.15xBW Women: 0.9xBW
Max 60-second Sit Up Test (60s) How to perform: 60s Max Sit Up Test	Minimum: 25 Recommended... Men: 40 Women: 35
Sit-and-Reach Flexibility Test How to perform: Sit-and-Reach Test How to make your own Sit-and-Reach Box	Men: 0-+5 cm Women: 1-+10 cm
60s Push Ups How to perform: 60s Push Up Test	Minimum: 20 Recommended... Men: 35 Women: 25
Deadlift 5 Rep Max How to perform: Deadlift Technique	3 Rep Max: Men: 1.5xBW Women: 1.0xBW
Standing Long Jump How to perform: Standing Long Jump Test (Broad Jump)	Men: 235 cm Women: 180 cm



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CONDITIONING/CARDIO – STANDARDS

Below are some recommendations for Conditioning Standards before attempting your Physical Abilities Test. These standards are not a guarantee of success or failure. However, if you meet the standards you are both more likely to succeed and complete the test with a competitive time.

Remember, improving your conditioning will help you finish each individual obstacle quicker, and improve your overall time

Exercise Tutorials: <https://www.leo.fitness/exercises>

Fitness Test	Goal Scores
1.5 Mile Run How to perform the 1.5 Mile Run Test	Max: 14 minutes Recommended... Men: <12 mins Women: <13 mins
Beep Test (Running test) How to perform: Beep Test	Minimum: 10 Recommended... Men: 12 Women: 11

READY TO TRAIN?

Exercise Tutorials: <https://www.leo.fitness/exercises>

Training Programs: <https://leo.fitness/products>

Equipment Resources: <https://leo.fitness/resources>

Helpful Articles: <https://leo.fitness/blog>



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