



Maggie

Fitness Re-Assessment

Assessment	Nov. 17/09	Jan. 26/10	% Increase
Push-up (from knees) To test upper body strength <i>Timed 1:00</i>	6	22	277% ↑
Side Plank To test core strength <i>Hold until she can't</i>	Left side – held for 10.3 sec Right side – held for 0 sec Front – 27.4 sec	L – 32.4 sec R – 14.1 sec Front – 55.7 sec	103% ↑
Squats To test lower body strength <i>Timed 1:00</i>	24	34.5	43.75% ↑
12 Min Treadmill test To test aerobic endurance <i>Run for 12 min straight and record distance covered</i>	0.72 miles covered	.80 miles covered	11% ↑ distance covered
12 Min Treadmill test METS (metabolic equivalent) <i>Represents amount of energy the body uses for exercise. The higher, the more intense the workout was.</i>	4.1 METS	4.9 METS	19.5% ↑
12 Min Treadmill test VO2 Max <i>How much oxygen your body can consume when exercising – the higher the # the more fit you are.</i>	14.6	29.9	56.8% ↑

As you can see Maggie has had huge improvements to all facets of her fitness. An almost 300% increase in her upper body strength in only 9 short weeks! That is AMAZING! All this is part in due to the twice weekly personal training appointments, as well as her home workout program that I switch up every 8-10 weeks. She is aware that working out twice a week with me would not get her to where she wanted to be and has been beyond awesome at doing her workouts at home and on her own too. Thanks for all your hard work Maggie!