

Fitness Assessment

Women's Martial Defense-fit Protocol

Name: _____ Age: _____

Height: _____ Weight: _____ Resting HR: _____ bpm

How active were you before joining WMD-f Pro?

What do you hope to gain from participating in WMD-f Pro?

- 1.
- 2.
- 3.

Initial Assessment Date:

Basic Measurements

Upper arm:

- Left
- Right

Upper leg:

- Left
- Right

Waist:

Stomach:

Flexibility / Mobility

Can you touch your toes while bending over with knees straight?

Can you touch your toes from seated position?

Are you able to raise both arms above your head?

With your feet and knees straight ahead, can you twist your upper body to the left or the right and look at your opposite heel?

On a scale of 0 to 5, how easy to perform are the cat, polar bear, and monkey “animal walks”?

- 0=can't do it
- 1=very difficult (with pain or range-of-motion discomfort)
- 2=challenging but doable (with some pain or discomfort)
- 3=somewhat challenging
- 4=easy
- 5=extremely easy / enjoyable

Basic Balance

Stand on one leg with eyes open (30s)

Upper Body Strength & Endurance

Body-touch-floor pushups (30s)

Straight-arm plank (60s)

Core Strength & Endurance

Leg lifts (30s)

Sit-ups (30s)

V-crunch hold (max)

Lower Body Strength & Endurance

Squat-hops (30s)

Mountain climbers (10s)

Overall Strength & Endurance

Jumping jack count (30s)

Burpee count (30s)

Shuttle run count (30s)

Notes:

Monthly Assessment*

Name: _____

	Date	Date	Date	Date	Date	Date
Exercises						
Balance						
Pushups						
Plank						
Leg Lifts						
Sit-ups						
V-crunch Hold						
Squat-hops						
Mountain Climbers						
Jumping Jacks						
Burpees						
Shuttle Run						
Pre-training HR						
Post-training HR						

*Use this sheet after completing the initial assessment.