

Fitness Testing at Home

Squat Test

How many squats can you do? Stand in front of a chair or bench with your feet at shoulder's width apart, facing away from it. Place your hands on your hips. Squat down and lightly touch the chair before standing back up. A good sized chair is one that makes your knees at right angles when you are sitting. Keep doing this until you're fatigued.

Write down how many squats you can do. After you work out for awhile, take the test again to see how much your lower body strength has improved.

Squat Test (Men)

<i>Age</i>	<i>18-25</i>	<i>26-35</i>	<i>36-45</i>	<i>46-55</i>	<i>56-65</i>	<i>65+</i>
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above average	39-43	35-39	30-34	25-38	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below Average	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor	<25	<22	<17	<9	<9	<7

Squat Test (Women)

<i>Age</i>	<i>18-25</i>	<i>26-35</i>	<i>36-45</i>	<i>46-55</i>	<i>56-65</i>	<i>65+</i>
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<20	<7	<5	<3	<2