

Cardio endurance.

As we get older, the aches and pains begin to get more obvious. By determining your fitness level we can help keep you active. The following tests assess your cardiac fitness.

□ 6-minute walk test

This test times you while you walk for six minutes on the track at your own pace.

□ Cardio treadmill test

This test monitors your heart rate while you are walking or running. You will go through various stages where the speed or incline or both will increase while your heart rate is monitored. The stages will not go up once you have reached your maximum cardio level.

□ Step test

For this three-minute test you step onto and off of a 12-inch bench at a specific cadence. Your recovery heart rate is tested afterward. This test does not result in an estimation of maximal oxygen consumption like the treadmill test. It gives a general number for fitness based on how quickly your heart rate recovers for your age.

□ VO₂ Max

A VO₂ max test provides data on the amount of oxygen you use as you exercise to determine the maximal oxygen you can consume during exercise. It is performed on a treadmill or bicycle while you are connected to a machine that analyzes the air you respire.



in affiliation with



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Fitness Assessments



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Why get a fitness assessment?

Every person has a different fitness level and goal they want to achieve. Fitness tests provide a starting point to determine your current fitness level and overall health. Knowing where you currently are helps you determine the areas you need to focus on, as well as track the progress you make. Seeing progress in your fitness will help you keep motivated.

All new members may select up to three fitness assessments at the time of enrollment. Existing members may book a fitness assessment with one of our personal trainers at personal training rates. Ask a staff member for pricing.

Need help? Don't forget we offer personal trainers who will evaluate your fitness assessment and tailor a program specifically to you and your goals.

Make your selection.

When you've made the choice of what assessments will work best for you, place a check in the boxes beside each of them. Bring this form back to the front desk at the Wellness Center to begin.



Body size and composition tests.

These assessments measure the size, shape, and composition of your body. They give you important health information, such as body mass index (BMI), waist-to-hip ratios, etc.

□ Body fat calipers

This is a way to measure body composition. A trainer will take skin fold measurements at various locations and then calculate your percent body fat. If this is retested it should be done by the same person for accuracy.

□ Circumferences/measurements

Measurements are done to calculate waist to hip ratio and BMI. These numbers will give a rough estimate of where you fall in weight category and associated level of health risk.

Muscular fitness tests.

These assessments measure your ability to resist fatigue, known as endurance, as well as the maximum amount of force you can give a specific number of times, known as repetition.

□ Farmer carry test

This test measures your grip and stamina as you walk carrying a weight in each hand for as long as you can hold the weight.

□ Vertical jump

This test measures the height you can jump to identify lower limb explosive power. This is typically used to measure muscular strength and anaerobic posture for athletes. However, anyone can use this test to measure for future improvement.

Strength and endurance testing.

□ Push-up

The push-up fitness test measures upper body strength and endurance. There are many variations of the push-up test, with differences in the placement of the hands, how far to dip, the duration of the test and the method of counting the number of completed push-ups.

□ Biceps

Test your upper body strength by completing as many curls as you can with arms fully bent and fully straightened at the elbow in 60 seconds.

□ Squats

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 are fatigued.

□ Overhead Squats

Overhead squats are used to assess muscle imbalances or compensation during a movement pattern. With your arms extended over your head, you will squat five to ten times. You will repeat this with the trainer viewing you from the side.