



# ANG Fitness Program

## Fitness Assessment Preparation Guide



### Introduction

The ANG has a new fitness program that also includes a new fitness assessment. This document is for all ANG members and is designed to provide you background on the new fitness assessment, what to expect and how to prepare for it.

### ANG Fitness Program Goals

The goal of the ANGFP is to motivate all members to participate in a year round physical conditioning program emphasizing total fitness to meet military and civilian requirements. The new fitness assessment will calculate your FitnessAge which makes understanding your fitness level easy.

### ANGfitness.com

The ANG is pleased to announce the launch of ANGfitness.com, the new fitness destination for all ANG members and fitness program managers. After you complete your first fitness assessment, you will receive details on how to logon to <http://angfitness.com> to see your fitness assessment results, find out about your next fitness assessment, get advice on improving your fitness and read ANG Fitness Program news.

### Frequency of Fitness Assessments

The ANG will continue to assess all ANG members' fitness once per year. In the event that you don't meet the minimum fitness standard, you will need to undertake repeat fitness assessments in a specified time.

### Bring Water

Please bring your own water to the assessment and keep fully hydrated during the assessment.

### IMPORTANT!

For at least 2 hours before the fitness assessment, it is very important that you:

- Do not smoke or use any tobacco
- Do not consume any caffeine like coffee or soda
- Do not perform any type of exercise

Also, if you are taking any non-prescription medications that elevate your heart rate, please do not take any on the day of your assessment.

### Fitness Assessment Components

There are five fitness components assessed.



body

Body Composition (Body Fat %)  
Weight, height and waist measurements



cardio

Resting Pulse  
Recovery Pulse (3 minute step test)



flex

Flexibility (sit & reach)



strength  
sit-ups

Muscular Strength & Endurance  
Abdominal - 1 minute sit up test



strength  
push-ups

Muscular Strength & Endurance  
Upper Torso - push ups

### Body Composition (Body Fat %)

The body composition assessment is non-invasive and is based on your gender, height, weight and waist measurements. The average range of body fat for men is 17-21% and the average range for women is 19-28%.

Excess body fat is associated with a number of health risks, including heart disease, hypertension, diabetes, gall bladder disease and sleep disorders. This is especially important because more and more people have unhealthy excess fat in addition to being overweight.

### Cardio respiratory (Heart Fitness)

After measuring your resting pulse (which doesn't affect your results in any way), you will complete a 3 minute step test which requires you to step up and down on an exercise step (in time with a cadence), for 3 minutes. After 3 minutes, your pulse is measured for 1 complete minute which is known as your recovery rate.



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Cardio respiratory fitness is all about the fitness of your heart and circulatory system, or more specifically, the heart's ability to pump oxygen-rich blood to the muscles. Cardio respiratory fitness is a good indicator of your risk for heart disease, hypertension and a host of other diseases. Because heart disease is the leading cause of death in the United States, this is a critical area of fitness. The faster your heart recovers to a normal pulse, the more likely your heart will be able to handle physical and other stresses.

### Flexibility

The Flexibility test (also known as the sit and reach test), tests your mid section (including hips, hamstrings, lower back and groin) for extended motion. It is essentially a "touch your toes" test while sitting on the exercise mat with your legs extended in front of you. The further you reach, the better your flexibility.

Your shoes will be off and you will be seated on an exercise mat with your legs fully extended. Your toes should point straight up and not be pulled back towards the body or pointing forward away from the body. Sitting fully upright and extending your arms forward with one hand placed over the other, you will then reach forward toward your toes. You should exhale as you lean forward from the waist with your chin on your chest. You will have several slow and controlled warm up stretches and then the distance reached will be measured by tape measure.

### Muscular Strength & Endurance - Sit Ups

Muscular strength is a measurement of the greatest amount of force you can produce in a single maximal effort. Muscular endurance measures your ability to exert a sub-maximal force over a period of time. Adequate muscular endurance and strength are essential ingredients to optimal health, facilitating participation in everyday activities.

The first muscular strength and endurance test is the 1 minute sit up test. The correct method of a full sit up starts with you lying on your back with legs bent at right angles and your feet being held down by your buddy. Your arms are crossed over your chest. You then curl up and forward until your elbows touch any part of your thigh or knees. You then return back to the start position with your back and shoulders on the mat. This is one repetition.

As the name implies, you will be asked to complete as many sit ups as you can do within 1 minute.

### Muscular Strength & Endurance - Push Ups

The push up test requires you to complete as many continuous push ups as you can until fatigue (ie. can do no more without causing any injury). Your form must be correct and they must be continuous (eg. you can't lock your arms and take a rest).

Men are required to perform the standard military push up and women are required to perform the modified (from the knee) push up.

The correct starting position for a push up is facing down with your hands placed on the floor, slightly wider than shoulder width apart and your fingers pointing forward. Your head neck and spine should all be in alignment (ie. straight) and your feet spaced no more than 12 inches apart.

Women should also assume this position to start and then drop your knees to the floor and raise your feet (and cross them behind you if you like).

The motion of a push up requires you to lower your upper body until your upper arm is at least parallel to the floor (elbows bent at right angles) and then return to the start position. This is not a timed test and you should use a slow controlled motion and not rush.

### Fitness Assessment Results

Each score obtained for each test is written on the Fitness Assessment Questionnaire which you will be given at the assessment location. At the completion of the assessment, your questionnaire will be collected and the data entered into the online fitness assessment software program.

You will receive an age for each fitness assessment category (eg. BodyAge, CardioAge) and an overall FitnessAge. This is the age you compare to your actual age. You will also see the ideal result (something to aim for), whether you met the minimum standards or not, and a rating (eg. good, average, poor etc).

The objective of calculating your FitnessAge is so that each ANG Member can easily grasp their level of fitness and have a benchmark upon which to improve.

### Caution!

Before embarking on any new diet or exercise program, you are highly encouraged to consult your physician.

# Minimum Standard Guide

Age	Body Fat % Men	Body Fat % Women	Recovery Rate Men	Recovery Rate Women	Sit & Reach Men	Sit & Reach Women	Sit Ups Men	Sit Ups Women	Pushups Men	Pushups Women
18	16.5%	24.3%	95	104	1.0	4.0	37	29	39	25
19	16.9%	24.5%	96	104	1.0	4.0	36	28	38	24
20	17.2%	24.6%	96	105	1.0	4.0	35	28	37	24
21	17.5%	24.7%	96	106	1.0	4.0	35	27	36	23
22	17.9%	24.9%	96	106	1.0	4.0	34	27	35	22
23	18.2%	25.2%	97	107	0.5	3.5	33	26	35	21
24	18.3%	25.4%	97	107	0.5	3.5	33	26	34	20
25	18.6%	25.6%	98	107	0.5	3.5	33	25	33	20
26	18.8%	25.8%	98	108	0.5	3.5	32	25	32	19
27	19.0%	26.0%	98	108	0.5	3.5	32	24	31	19
28	19.2%	26.1%	99	108	0.0	3.0	31	24	30	18
29	19.3%	26.3%	99	108	0.0	3.0	31	23	30	18
30	19.5%	26.5%	100	109	0.0	3.0	31	23	29	17
31	19.7%	26.8%	100	109	0.0	3.0	30	22	29	17
32	19.9%	26.9%	100	109	0.0	3.0	30	22	28	16
33	20.1%	27.0%	101	110	-0.5	2.5	29	21	28	16
34	20.3%	27.1%	101	110	-0.5	2.5	29	21	27	15
35	20.5%	27.2%	102	110	-0.5	2.5	28	20	27	15
36	20.7%	27.3%	102	111	-0.5	2.5	28	20	26	14
37	20.9%	27.4%	102	111	-0.5	2.5	27	20	26	14
38	21.1%	27.5%	103	112	-1.0	2.0	26	19	25	13
39	21.3%	27.6%	103	112	-1.0	2.0	25	19	25	13
40	21.5%	27.7%	104	113	-1.0	2.0	24	19	24	13
41	21.7%	27.8%	104	113	-1.0	2.0	23	18	24	12
42	21.9%	27.9%	104	113	-1.0	2.0	23	18	23	12
43	22.1%	28.1%	105	114	-1.5	1.5	22	17	23	12
44	22.3%	28.3%	105	114	-1.5	1.5	22	17	22	12
45	22.5%	28.5%	105	114	-1.5	1.5	21	17	22	11
46	22.7%	28.7%	106	115	-1.5	1.5	21	16	21	11
47	22.9%	28.9%	106	115	-1.5	1.5	21	16	21	11
48	23.1%	29.1%	106	115	-2.0	1.0	20	15	20	10
49	23.3%	29.3%	106	115	-2.0	1.0	20	15	20	10
50	23.5%	29.5%	107	116	-2.0	1.0	19	14	19	9
51	23.7%	29.7%	107	116	-2.0	1.0	19	14	19	8
52	23.9%	29.9%	107	116	-2.0	1.0	19	14	18	8

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Age	Body Fat % Men	Body Fat % Women	Recovery Rate Men	Recovery Rate Women	Sit & Reach Men	Sit & Reach Women	Sit Ups Men	Sit Ups Women	Pushups Men	Pushups Women
53	24.0%	30.1%	108	117	-2.5	0.5	18	13	18	7
54	24.1%	30.3%	108	117	-2.5	0.5	18	13	17	6
55	24.2%	30.5%	108	117	-2.5	0.5	18	13	17	6
56	24.3%	30.7%	109	118	-2.5	0.5	17	13	16	5
57	24.4%	30.9%	109	118	-2.5	0.5	17	13	16	5
58	24.5%	31.0%	109	118	-3.0	0.0	17	13	15	4
59	24.6%	31.3%	110	118	-3.0	0.0	16	12	15	4
60	24.7%	31.4%	110	119	-3.0	-0.5	16	12	14	4
61	24.8%	31.5%	110	119	-3.0	-0.5	16	12	14	4
62	24.9%	31.6%	110	119	-3.0	-0.5	16	12	13	4
63	25.0%	31.7%	111	119	-3.5	1.0	15	12	13	3
64	25.1%	31.9%	111	119	-3.5	-1.5	15	12	12	3
65	25.2%	32.1%	111	119	-3.5	-2.0	15	11	12	3
66	25.3%	32.4%	112	120	-3.5	-2.5	14	10	11	3
67	25.4%	32.6%	114	122	-3.5	-2.5	14	9	11	3
68	25.5%	33.0%	115	123	-4.0	-3.0	14	8	10	2
69	25.6%	33.2%	116	124	-4.0	-3.0	13	7	10	2
70	25.7%	33.5%	118	126	-4.5	-3.0	13	6	9	2
71	25.8%	33.7%	119	127	-4.5	-3.5	13	5	9	2
72	25.9%	34.0%	120	128	-4.5	-3.5	13	4	8	2
73	25.9%	34.0%	121	129	-5.0	-4.0	12	4	7	1
74	25.9%	34.0%	122	129	-5.0	-4.0	12	4	7	1
75	25.9%	34.0%	122	129	-5.0	-4.0	12	4	7	1