# Data Results Sheet

NAME_____ DATE_____

## 1. Heart Rate
Resting Heart Rate (HR$_{rest}$): _____

Estimated Heart Rate Max (HR$_{max}$): _____
[220-age]

## 2. Estimated Training Zones
Zone I: _____ to _____
[HR$_{max}$ x 0.65 to 0.75]: If first-time exerciser use; [HR$_{max}$ x 0.50 to 0.65]

Zone II: _____ to _____
[HR$_{max}$ x 0.76 to 0.85]

Zone III: _____ to _____ **ONLY** to be used by high level client or approved by physician
[HR$_{max}$ x 0.86 to 0.95]

## 3. Blood Pressure
Systolic: _____
Diastolic: _____

## 4. BMI score: _____
weight (kg) / height (m$^2$) or [weight (lbs) / height (inch$^2$)] x 703

## 5. Body Fat
Biceps: _____ Triceps: _____ Subscap: _____ Iliac: _____ Total BF%: _____

## 6. Circumference Measurements
Neck: _____ Chest: _____ Waist: _____ Hips: _____ Thigh: _____
Calves: _____ Biceps: _____ Forearm: _____

## 7. Cardio Assessments
Step Test
VO$_2$ score: _____ Rating: _____ Beginning Zone: _____ Stage: _____

$$\frac{\text{Duration of exercise (sec) x 100}}{\text{Recovery pulse x 5.6}} = \text{CV efficiency}$$

Rockport Walk Test
VO$_2$ score: _____ Rating: _____ Beginning Zone: _____ Stage: _____

$$132.853 - (0.0769 \text{ x weight}) - (0.3877 \text{ x age})$$
$$+ (6.315 \text{ x1 for men or } + 6.315 \text{ x 0}) \text{ for women}$$
$$- (3.2649 \text{ x time in minutes}) - (0.1565 \text{ x heart rate}) = \text{VO}_2 \text{ score}$$

## 8. Movement Assessments

Overhead Squat

| View | Kinetic Chain Checkpoint | Movement Observation | Left | Right |
|---|---|---|---|---|
| Anterior | Feet | Turn out | | |
| | Knees | Move inward | | |
| Lateral | Lumbo-pelvic-hip complex | Excessive forward lean | | |
| | Lumbo-pelvic-hip complex | Low back arches | | |
| | Shoulder complex | Arms fall forward | | |

Single-leg Squat

| View | Kinetic Chain Checkpoint | Movement Observation | Left | Right |
|---|---|---|---|---|
| Anterior | Knee | Moves Inward | | |

Pushing/Pulling

| Kinetic Chain Checkpoints | Movement Observation | Yes |
|---|---|---|
| Lumbo-pelvic-hip complex | Low back arches | |
| Shoulder complex | Shoulders elevate | |
| Head | Head protrudes while pushing | |

**Overactive (tight) muscles:**
1.
2.
3.
4.
5.
6.

**Underactive (weak) muscles:**
1.
2.
3.
4.
5.
6.