



THRIVE25

Fitness Tests

Playbook



Introduction

Thrive25 is here to be your guide to Health & Longevity

This **Playbook** is a single source for some of the most important fitness tests. It includes the **what, why, how** and goals for each of these assessments in a fun (hopefully) and easy to follow format.

Everyone's health journey is different. The suggested fitness levels included are provided by experts based on science – they may be easy or they may be aspirational for you. But it's really about you. The goal is taking the time to complete the test, using the information to optimize your habits, and setting goals to improve your fitness over time.

You don't need to complete all these tests at once. 13 tests + alternatives are included in this guide – that's a lot. Choose a schedule that's right for you. We recommend completing each test **at least 3-4x per year**.

To supplement this Playbook, use the accompanying **Fitness Test Tracker to track your test results** and understand your trends over time.

Save this to the cloud...or print, frame and hang it on your wall. Just use it when you need it, share it with your friends, but most of all go out and have fun!

To Health!



Inspire. Empower. Thrive.

The information in this Playbook is for informational purposes only and may not be appropriate or applicable based on your individual circumstances. Thrive25 Labs LLC does not provide medical, professional, or licensed advice. Please connect with your healthcare professional for medical advice specific to your health needs.



Walking

Walk for 2 hours and **cover 5-6 miles (2.5-3 mph)**. While...

- Holding a conversation
- Paying attention to your environment
- Not feeling strain or exertion

Alternative: Don't have 2 hours? Find an hour and make sure your **pace is above 3 mph**. Still no time – are you able to take a **walking meeting**?

Equipment needed: walking shoes (comfortable with enough support)

Setting: nature is best, anywhere outdoors preferred; indoor track or treadmill are other options

Why walk?

We were made for walking. As one of the few bipedal animals, walking helps us carry stuff, let's us go far and keeps us cool compared to our 4-legged friends. Hunter-gatherers routinely walked 16-17K steps/day. Now we're down to 4-5K steps/day on average. Go outside, take in your surroundings, and be glad you don't need to eat every berry you see.





For safety

71% of our planet is covered by water. Besides great aerobic exercise, it's important we have the function to sustain ourselves without swimming for 15+ minutes in case we are ever lost at sea (**Pro Tip:** don't get lost at sea).

Treading Water

Find a pool and **tread water for 15 minutes** – this should burn 200+ calories.

Alternative: For **added degree of difficulty**, try the following:

- Warm-up: tread for 3 min
- 30 sec kick only (arms at side, above head, or holding ball / weight overhead)
- 30 sec arms only (keep legs completely still)
- Repeat 4x until you've completed 15 min

Equipment needed: pool, bathing suit, goggles (optional)

Setting: indoor or outdoor pool, or you can be adventurous and try it in open water (e.g., lake or ocean), but always bring a friend with you!



Play a Sport


Get out there and **play a sport for 20-30 min**

- Try basketball, soccer, football, tennis
- The goal is to fully participate the entire time. **Are you able to keep going for another 20-30 min?**

Pick the right sport: Sports / activities ranging from golf to darts...even curling don't count. Baseball and softball are great for short bursts, but not really relevant either – maybe pickleball?

Equipment needed: depends on the sport

Setting: outdoors preferred, indoor where/when needed



For the fun of it

Play is such an important part of life – especially as we get older and it's "harder" to find the time.

Fitness shouldn't always feel like a chore – it should be fun, it builds relationships, and it can free our mind. So, get out there and play!



Running

Run for 1.5 miles. As simple as that. The following table shows the times to beat to be considered in good fitness:

Age	25	35	45	55	65
Men	11:00	11:30	12:00	13:00	14:00
Women	13:00	13:30	14:00	16:00	17:30

Those that beat this time have been shown to have only a 10% risk of future heart disease, compared to 30+% risk for those that cannot.

Equipment needed: running shoes

Setting: outdoors preferred, indoor track or treadmill are other options

Born to run

We aren't the fastest; we aren't the strongest; but, we're built to run. We have 26 unique traits for running compared to other animals – including our Achilles tendon (can turn 50% of elastic energy to kinetic energy) and IT band (can store 15-20x more elastic energy than a Chimpanzee's fascia lata). Get out there and sweat!



Biking

Ride a bike for 12 min and see how far you can go

- May be slightly easier to track on a stationary bike
- Find your age / gender below to match your distance to fitness level

Alternative: 60-Sec Sprint on a stationary bike

Warm up for a few minutes, sprint, and then cool down. Track how many calories you burn during the sprint – shoot for 20+ calories. **Note:** this goal is a guideline, more important is to continually test and improve against yourself

Equipment needed: road bike + fitness tracker or stationary bike

Setting: outdoor or indoor (stationary bike)

Cooper Test

Named after Kenneth Cooper – the “father of aerobics,” the Cooper Test was developed in 1968 as part of a military fitness test. Cooper popularized the term “training effect” – exercise impacts many systems, including increased VO_2 Max.

	Fitness	20-29	30-39	40-49	50-59	60+
Male	Excellent	≥5.5	≥5.25	≥5.0	≥4.5	≥4.0
	Good	4.5-5.49	4.25-5.24	4.0-4.99	3.50-4.49	3.0-3.99
	Fair	3.5-4.49	3.25-4.24	3.0-3.99	2.50-3.49	2.25-2.99
Female	Excellent	≥4.5	≥4.25	≥4.0	≥3.5	≥3.0
	Good	3.5-4.49	3.25-4.24	3.0-3.99	2.5-3.49	2.0-2.99
	Fair	2.5-3.49	2.25-3.24	2.0-2.99	1.50-2.49	1.25-1.99



What's your MAX?

Are you healthier than others your age? Compare the measured result from your uphill sprint to the calculated value. If your **measured value > calculated value**, then you're in **great shape!** Cold outside? Use a treadmill and adjust the incline to match steps #3, 4 and 6.



Heart Rate Max

Find a hill and sprint – the harder, and more accurate, way to calculate...

- 1) Wear heart rate monitor and find a hill that takes 2+ min to sprint to the top
- 2) Warm up for 15 min on flat ground – build up to your normal running pace
- 3) Run up for 2+ min @50% sprint pace. Jog down
- 4) Run up for 2+ min @75% sprint pace. Measure your heart rate. Jog down
- 5) Allow your heart rate to drop 30-40 beats per min from your peak in Step #4
- 6) Run up last time (promise) – **ALL OUT SPRINT** (nothing left in the tank) **for 1 minute**
- 7) Measure your heart rate – this should be close to your **MAX**
- 8) Remember to cool down for at least 10 min

The easy way: do some math...

- HRmax male = $208.609 - (0.716 \times \text{your chronological age})$
- HRmax female = $209.273 - (0.804 \times \text{your chronological age})$

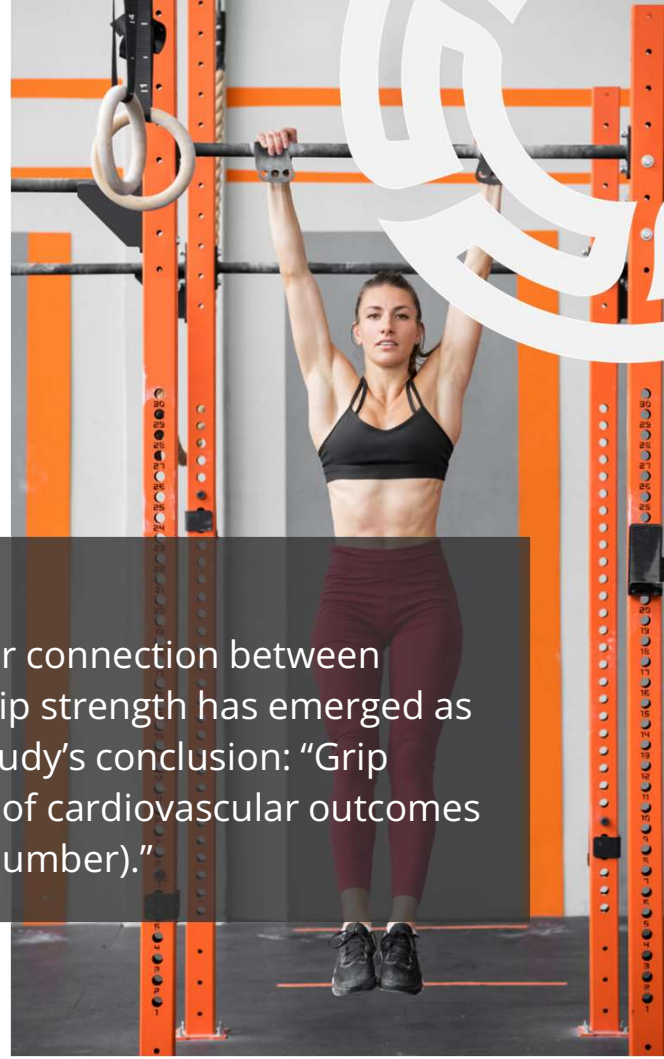
Equipment needed: running shoes, treadmill (optional)



Grip Strength via Dead Hang

The new vital sign

More and more studies point to a clear connection between strength and long-term health. And grip strength has emerged as a common biomarker of aging. One study's conclusion: "Grip strength is a more powerful predictor of cardiovascular outcomes than systolic blood pressure (the big number)."



See how long you can hang with your body weight

- Find a bar to support your weight that's high enough for you to fully extend arms and legs without touching the ground
- Place hands slightly wider than shoulder width apart
- Relax shoulders, neck and lower back – focus on breathing

Alternatives:

- **Farmer's Walk:** walk for 2 min while holding dumbbells that collectively are 50% of your body weight (e.g., weigh 160 pounds? Then each dumbbell is 40 lbs – 40 + 40 = 80 lbs total)
- **Measure grip strength w/ dynamometer:** use the **Fitness Test Tracker** for strength guidelines by age and gender

Equipment needed: pull up bar, dumbbells (optional - Farmer's Walk), dynamometer (optional)

Setting: indoor (gym), outdoor fitness trail w/ pull-up bar



Ruffier Squat Test

Test your quad strength through the Ruffier Squat Test

- Take your resting heart rate (**HR1**)*
- Do 30 squats in 45 seconds (it's fast...but try to go low with good form)
- Take a seat and measure your heart rate (**HR2**)*
- Wait 1 minute from end of squats, measure heart rate (**HR3**)*

Equipment needed: none

***Calculation** (see table below for **Endurance** "rating"):

$$\text{Score (RDI)} = [(\text{HR2} - 70) + 2 * (\text{HR3} - \text{HR1})] / 10$$

Score	Endurance
< 0	Excellent
0 - 3	Very Good
3 - 6	Reasonably Good
6 - 9	Average
9 - 12	Moderate
12 +	Poor

45-sec test = important insights

Developed in the 1950's by James-Edward Ruffier, the test is meant to classify cardio-respiratory fitness. J. Dickson modified the test and established the Ruffier-Dickson Index (RDI) [see calculation above and values to the left].

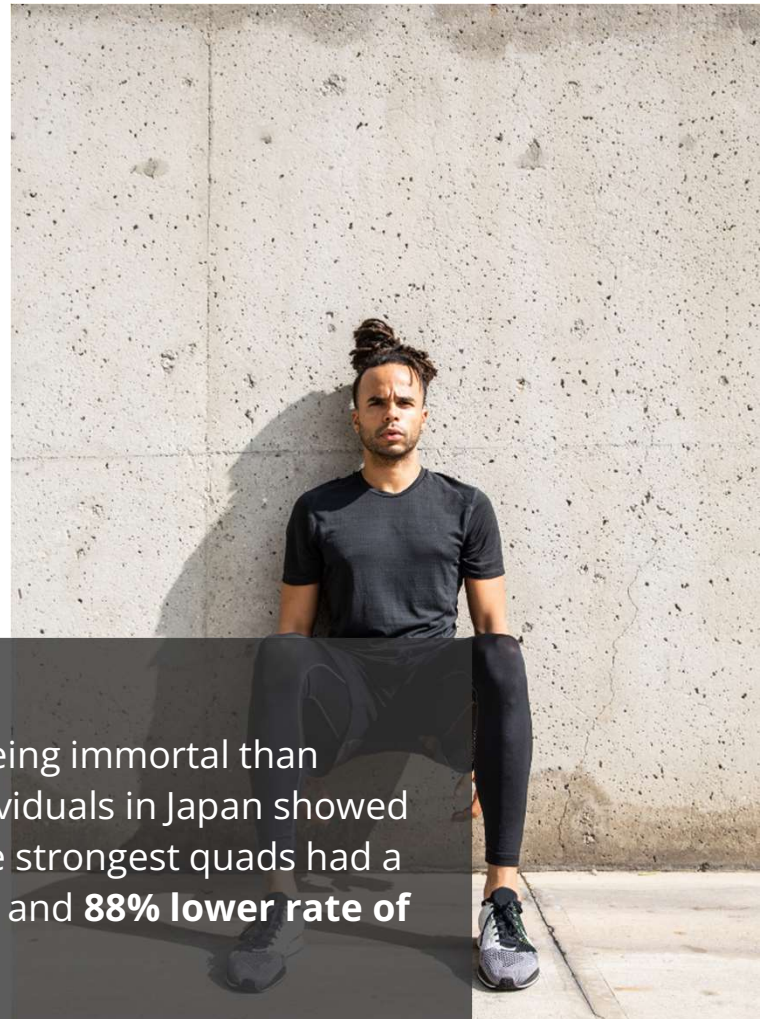
Wall Sit

How long can you sit with your back against the wall?

- Make sure your back is flat against the wall
- Place feet shoulder distance apart and walk out about 2 feet (length from your hips to your knees)
- Slide down the wall until your legs are parallel (90 degrees) to the ground (knees directly above your ankles)
- Hold position while keeping your core tight, **shoot for 60+ sec, with a stretch goal of 90-120 sec**
- When done, avoid injury by sliding your back up the wall to stand

Equipment needed: “comfortable wall”

Setting: any structure with flat walls



Are you a chair now?

Not really, you're actually closer to being immortal than inanimate. A study of over 1,000 individuals in Japan showed that over a 5-yr period those with the strongest quads had a **75% lower all-cause mortality rate** and **88% lower rate of heart disease**.

The perfect Push Up

One of the most common strength exercises, the push up strengthens multiple muscle groups (chest, triceps, biceps, shoulders, upper back, core), requires no equipment, and can be modified as needed. It's also a great indicator of overall upper body strength when done properly.

Push Ups

Do as many push ups as possible in one set (i.e., keep your hands on the ground)

- Start in plank position – arms straight, body straight (no butts in the air), and hands approximately shoulder width apart
- At a controlled pace, lower your body until your chest nears the floor with your elbows tight to your ribs, then return to the starting position. **That's 1 rep.** Compare your count with the table below to understand your fitness

Setting: anywhere with flat ground

	Fitness	20-29	30-39	40-49	50-59	60+
Male	Excellent	> 47	> 41	> 34	> 31	> 30
	Good	39-47	34-41	28-34	25-31	24-29
	Above Avg	30-38	25-33	21-27	18-24	17-23
Female	Excellent	> 32	> 28	> 20	> 16	> 12
	Good	24-32	21-28	15-20	13-16	10-12
	Above Avg	14-23	13-20	10-14	9-12	6-9



Plank Hold

How long can you last in plank position?

- Start with the same position as the push up, but move down from your hands to your elbows
- ****Hold for as long as possible****
- Be sure to keep your body in a straight line, supporting your lower back and **not sticking your butt in the air like a V**

Equipment needed: none

Setting: anywhere you feel comfortable planking, maybe even TikTok



Planking

One of the true tests of our core muscles that doesn't require any movement at all. First developed by Stuart McGill – it's great in activating our deep abdominal muscles (transverse abdominis). Use the **Fitness Test Tracker** to find adjusted times by age and gender

Time	Rating
> 6 min	Excellent
4-6 min	Very Good
2-4 min	Above Average
1-2 min	Average
30-60 sec	Below Average
15-30 sec	Poor



Sit/Stand

Like it sounds, sit and stand as quickly as you can 5x

- Find a standard height chair – sit with your arms crossed
- When ready have someone time you going up and down in the chair 5x. Stop timing when you sit the 5th time
- As much as the time, notice your balance during the test!

Equipment needed: chair, at or adjusted to your knee level or park bench; shoes; stopwatch; friend (everything's easier with a friend)

Setting: anywhere you can find a chair

Age	Time Range (Healthy)
20-29	6.0 ±1.4 sec
30-39	6.1 ±1.4 sec
40-49	7.6 ±1.8 sec
50-59	7.7 ±2.6 sec (s)
60-69	8.4 ±0.0 s (M): 12.7 ±1.8 s (F)
70-79	11.6 ±3.4 s (M): 13.0 ±4.8 s (F)

Surprising, yet effective

Studies have found: 1) patients with a score of greater than or equal to 17 sec have been found to have **30% greater risk of hospitalization**; 2) older adults are at **risk of recurrent falls** with scores greater than 15 sec; 3) a **minimal reduction in score** offers a **noticeable improvement in function**.



Stork vs. Tree vs. Flamingo?

Similar to the "Tree Pose" in yoga, the Stork Test measures balance by holding a position on one leg. The Flamingo Balance test is like the Stork Test, but it tests our ability to stand on a board. **Balance gives you more energy and strength and helps you move freely and confidently.**

Stork

Stand in the Stork position for as long as possible

- Standing with bare feet, place hands on hips and raise one foot above or slightly below the opposite knee
- Then raise the heel of the foot on the floor (only on the ball of your foot)
- Switch legs, find your times in the table below to determine your rating

Alternative: For **added degree of difficulty**, stand on a pillow, board or other surface that challenges balance

Equipment needed: ground, pillow (optional)

Setting: anywhere

Time (sec)	Rating
> 50	Excellent
40 - 50	Good
25 - 39	Average
10 - 24	Fair



About Thrive25

Our vision is for all of us to live the life we desire without compromise from our health and wellbeing.

We're not interested in healthy being defined as "not sick." **We're talking about waking up every day full of energy** with a positive outlook full of opportunity, being on the top of our game in our careers, looking and feeling good for our partners and families, and crushing whatever active endeavor we decide to pursue.

Research shows **we can significantly influence our current and future health.** It's not just eating better (although that does help), it's optimizing our life from a 360° perspective. We are here to help inspire and empower you so you can **THRIVE.**



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