

The Combo Coach

FAB - Fitness Test

The Combo Coaches FAB fitness tests and tracker is the first step (pun intended) in getting you fitter, happier and healthier, without getting bored or going mad.

Fitness - Chair Stand Test

Purpose:

Measures lower body strength and physical endurance.

How to Perform:

- Start seated in a sturdy chair with feet flat on the ground.
- Cross arms in front of chest and lift away from chest.
- Stand up straight and sit back down without using arms for support.
- Time how long it takes to complete 20 repetitions.

Watch the short video:

Regression:

If you find the test too hard, decrease repetitions to measure your maximum capacity without straining yourself. If it is really hard, use your hand on a table to assist you.

Progression:

If you find the test too easy, increase repetitions to measure your maximum capacity without straining yourself. Fold your arm out in front of you so you can't swing them to assist the stand.

Progress Tracking:

Record the number of repetitions and time taken to complete the test. Aim to improve the time or complete more repetitions over subsequent tests.

Tips for Implementation:

1. Practice a few days prior to testing yourself.
2. Ensure a safe environment to reduce the risk of injury.
3. Warm up before tests and allow time to cool down afterward.
4. Don't overdo it, you should be able to breathe easily, you might glow a bit, but that's good.
5. Don't be disappointed in the time, it's your time for you to beat.
6. Do the all the tests on the same day one after the other with a 5 minute rest period between, it won't take long, maximum of 5 minutes a test, that's just 30 minutes including rest periods.
7. Use the Tracker to record your progress over time, noting any changes or challenges.

This Fitness test and the next two simple tests provide a clear record of overall fitness and can help set goals for future workouts.