



personal training studio

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NEW CLIENT HANDOUT

Fitness testing is not a program in and of itself. It is an indispensable tool which can assist in scientifically determining the following:

- Baseline or Present fitness level
- Establishing safe & appropriate initial exercise training guidelines for a new, deconditioned individual
- Measure improvements
- Serve as an important educational & motivational tool as an individual proceeds through a program
- Postural analysis

Prior to the Assessment and for most accurate results...

- Obtain a Medical Release from your doctor if you've had health or orthopedic problems
- No alcohol consumption for 2 days before
- No smoking or caffeine 4 hours before test
- No exercise before test

What to wear for the assessment:

Women: colored sports bra (for pictures & measuring - private room) & tank top, shorts, tennis shoes
Men: t-shirt (no shirt - for pictures & measuring - private room), shorts, tennis shoes

STEP 1: Fitness Assessment

- Health Screen/Medical release if necessary
- Resting Heart Rate & Blood Pressure
- Body Composition and Measurements
- Height/Weight
- Digital Photos (*"before"/postural analysis*)
- Cardiovascular Fitness (3 minute step test or 3 minute Treadmill test)
- Strength & Endurance (push up test)
- Flexibility (sit and reach)

STEP 2: Set appointments with your trainer & begin your training

During your sessions, you will learn how to read your program card and chart progress, use the equipment, free weights, stability balls and discs, resistance bands, cardio interval training, and stretching exercises. We encourage you to ask your trainer questions to help you learn.

Step 3: Follow-up

Re-evaluation at 3 months, 6 months, 9 months, 1 year, every 6 months after 1 year.
Chart your progress
Re-adjust your goals and program redesign