



4 FIELD TESTS

A simple assessment to establish each client's starting point (week 1) and progress (week 12). It is completed as a group in 15-20 minutes with no specialist equipment.

HOW TO ORGANISE IT

- Complete an 8-minute warm-up before testing.
- Pair clients up: one performs while the other counts. Tests 1-3 rotate as stations; everyone completes test 4 together at the end.
- In week 12, repeat every test under the same conditions: time, location, bench, test order and warm-up.
- Compare each client only with their own result, never with anyone else.

1

30-SECOND BENCH SQUAT

MEASURES

Lower-body strength and endurance

EQUIPMENT

Stable bench or chair (about 45 cm) and stopwatch

RECORD

Repeticiones

HOW TO PERFORM IT

1. Place the feet hip-width apart and cross the arms over the pecho.
2. On "go", sit until you touch the bench, then stand completamente.
3. Count complete reps in 30 seconds.

Important: If knee pain occurs, stop the test and anotarlo.

2

INCLINE BENCH PUSH-UPS

MEASURES

Upper-body strength and endurance

EQUIPMENT

Stable bench (record the height used)

RECORD

Repeticiones

HOW TO PERFORM IT

1. Place the hands on the edge of the bench and align the body from head a talones.
2. Lower until the chest is close to the bench, then press up.
3. Count good-quality reps until form breaks down (maximum 40).

Important: Use the same bench height for the reassessment.

3

FOREARM PLANK

MEASURES

Core endurance

EQUIPMENT

Exercise mat and stopwatch

RECORD

Segundos

HOW TO PERFORM IT

1. Place the forearms under the shoulders and align the body.
2. Time the hold while position is maintained; allow one verbal correction.
3. Stop when the hips drop or rise for the second time (maximum 2 minutes).

Important: If the client cannot hold for 10 seconds, use an incline plank on a bench and record the version used.

4

6-MINUTE WALK OR JOG

MEASURES

Aerobic capacity

EQUIPMENT

30-metre course marked with cones and a stopwatch

RECORD

Metros

HOW TO PERFORM IT

1. Walk or jog as far as possible for 6 minutes, at a sustainable pace.
2. Count complete laps and add the metres from the last incomplete lap.
3. At the end, record perceived effort (RPE 0-10).

Important: This is not a race; each client competes only against their own previous result.

