



Measurements Macrocycle 1 ()

Battery results ALPHA-FIT Fitness Test:

| Test | Observations | Measurements | | | | |
|--------------------------------|-------------------------------|--|--------|--------|--------|--------|
| | | Date 1 | Date 2 | Date 3 | Date 4 | Date 5 |
| <i>Body composition</i> | | | | | | |
| Height | | cm | | | | |
| Weight | | kg | | | | |
| B.M.I. (Ideal: 18-24) | | kg/m ² | | | | |
| Waist circumference | | cm | | | | |
| Blood pressure | | H: L: | | | | |
| <i>Motor fitness</i> | | | | | | |
| One leg stand | | | | | | |
| Figure of eight run | | | | | | |
| <i>Musculoskeletal fitness</i> | | | | | | |
| Shoulder-neck mobility | R: right side L: left side | R: cm restriction L: cm restriction | | | | |
| Forward lean | | cm | | | | |
| Hand grip | right hand | kg | | | | |
| Jump and reach | | cm | | | | |
| Long jump | | cm | | | | |
| Modified push up | 40" (to knees) | | | | | |
| Dynamic sit up | | Type 1: Type 2: Type 3: | | | | |
| Push up | 40" | | | | | |
| Oblique crunch | 40" | | | | | |
| Squat test | 20 reps. in 30" | P1: P2: P3: | | | | |



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Body measurements

| Test | Observations | Measurements | | | | |
|-------------------------------------|--------------|--------------|--------|--------|--------|--------|
| | | Date 1 | Date 2 | Date 3 | Date 4 | Date 5 |
| <i>Fat measurements (skinfolds)</i> | | | | | | |
| Subscapular | | mm | | | | |
| Triceps | | mm | | | | |
| Abdominal | | mm | | | | |
| Suprailiac | | mm | | | | |
| Thigh | | mm | | | | |
| Calf | | mm | | | | |
| Fat % (Ideal: 10-24%) | | | | | | |
| <i>Body perimeters</i> | | | | | | |
| Waist | | cm | | | | |
| Suprailiac | | cm | | | | |
| Hip | | cm | | | | |
| Bust | | cm | | | | |
| Arm | | cm | | | | |
| Thigh | | cm | | | | |
| Calf | | cm | | | | |