

# The Fit Test

(Excerpted from the P90X Fitness Guide)

Before starting an extreme fitness program like P90X, it's important to know where you stand and if your current fitness level is adequate. Providing an honest assessment of your abilities and your mindset will allow you to take advantage of your strengths and overcome your weaknesses.

We ask that you have completed the equivalent of Power 90® or Slim in 6® before you begin. But if you're unfamiliar with these programs, we've set some guidelines for you to follow. If you can't do what is listed below, you'll see better results by doing another exercise program before you take on P90X. So if you can't finish the Fit Test, do Power 90. You'll get great results, and then be able to come back and crush P90X.

## TAKE THE FIT TEST

*important note* The P90X Fit Test takes approximately 40 minutes to complete. Be sure to consecutively perform all the exercises in the order they appear. Keep up with the timing, and make a note if you do anything differently; you will repeat this Fit Test when you complete P90X, so it is vital that you are able to do it the same way, in the same order. That way you'll get a true indication of the improvements you've made. Pay attention, and be honest with yourself.

## WHAT YOU WILL NEED TO TAKE THE FIT TEST

- \_Heart rate monitor
- \_Body fat caliper
- \_Tape measure
- \_Scale
- \_Partner to help record data (optional)
- \_Pull-up bar (securely installed)
- \_Timer (stopwatch or watch with second hand)
- \_Towel
- \_Water
- \_Your "Bring It" game face

*start with the heart*

date

You'll want to monitor your morning resting heart rate throughout this program. This is a good indicator of your overall cardiovascular fitness. Take your resting heart rate as soon as you wake up (BEFORE GETTING OUT OF BED). Over the course of the program, your resting heart rate should drop. If it goes up a few days in a row, you are either overtraining or getting sick.

## TAKE THE FIT TEST

### HOW TO TAKE YOUR RESTING HEART RATE

Put on your heart rate monitor. Be sure it is secure and working correctly before beginning. Try to be as relaxed as possible when taking this reading. Remain calm and quiet for 2 minutes, then record your resting heart rate below.

If you don't have a heart rate monitor, take your pulse from either your neck or wrist, and count the beats for 30 seconds. Multiply by two to get your resting heart rate.

Heart rate Prior to **DAY 1**

Heart rate After **DAY 90**

That was the easy part... most likely you passed that.

Now take about 10 minutes to warm up. Start by marching in place, then do any low-impact movements you like (jumping jacks, etc.) until you build up a light sweat, then stretch out lightly. You never want to work "to failure" when you're cold and tight. The warm-up on Power 90® Cardio 3-4 through yoga is a good way to get good and ready.

maximum number of pull-ups to failure

Grasp your pull-up bar using wide grip (palms facing forward, away from body, two fists wider than shoulders). From a hanging position, pull body up smoothly until chin clears the bar. Lower body back down, being sure to straighten the arms, and repeat without bouncing up. Don't be discouraged if you are not able to do very many.

## 1\_PULL-UPS

Record the number of pull-ups you can do here.

Prior to **DAY 1**

After **DAY 90**

(If you're only able to do 1/4, 1/2, or 3/4 of a pull-up, go ahead and record it.)

P90X Minimum\_ Should be able to do at least 3 if male, 1 if female. However, many people won't be able to do any pull-ups when starting P90X. You'll get more out of the program if you can do pull-ups, but you can substitute by using the B-LINES™ Variable Resistance Bands with the door attachment.

Rest 1 minute before going on to the next exercise.

## 2\_VERTICAL LEAP

Stand sideways with shoulder against wall and raise arm straight overhead against the wall. Record that height here.

Prior to **DAY 1**

*jump height with step*

After **DAY 90**

Then lower arm, take JUST ONE STEP back and proceed to jump straight up, trying to touch highest point on wall (no gathering up a head of steam prior to your jump; think "jump ball"). Record that height here.

Prior to **DAY 1**

After **DAY 90**

Subtract the first measurement from the second, and record your vertical leap inches here.

Prior to **DAY 1**

P90X Minimum\_ Should have a vertical leap of at least 5 inches if male, 3 inches if female.

After **DAY 90**

Rest 4 minutes before going on to the next exercise.

Put down something soft, about 2 or 3 inches high (pillow or cushion), to make contact with chest on each rep. Be sure to keep body straight with hands at "normal" push-up width.

### 3\_PUSH-UPS

*maximum number of  
push-ups to failure*

Record number of push-ups performed to failure here.

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

P90X Minimum\_ Should be able to do at least 15 if male, 3 if female (or 15 push-ups off your knees).

Rest 4 minutes before going on to the next exercise.

You will need a ruler or tape measure for this test. Sit on floor with legs extended directly in front of you. Bend forward at waist and extend arms over legs towards toes. Don't bend knees. See how close you can get fingertips to toes. If not able to reach, measure the distance from fingertips to toes. If able to extend fingers beyond toes, measure how much further fingers reach beyond toes. Do not strain or force this.

### 4\_TOE TOUCH

*flexibility test*

Record distance in inches of fingers to toes here.

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

Use a "-" if not able to reach toes (e.g., -3 inches) or a "+" if reaching beyond toes (e.g., +3 inches).

P90X Minimum\_ Should be able to reach at least 6 inches from your toes, or a "-6."

*What does "to failure" mean? Usually in exercise it's your mind that stops you from progressing. Physically "to failure" is when your body stops you by not being able to go any further without causing injury.*

### TO FAILURE?

*it's in your mind*

## 5\_WALL SQUAT

*isolating quad/leg strength*

Place back flat against wall and lower your body into a seated chair position (quads parallel to the floor, feet directly below knees; think 90-degree angle here). Start timer as soon as you get into the chair position. Breathe through the discomfort and hang in there until you can't hold yourself up any longer (to failure). Be sure NOT to place hands on wall or "scoot" with shoulders. You can slide down slowly as you get tired, but once your butt touches the floor, time's up.

Record exact time able to hold wall squat here.

Prior to **DAY 1** \_\_\_\_\_ minutes \_\_\_\_\_ seconds

After **DAY 90** \_\_\_\_\_ minutes \_\_\_\_\_ seconds

P90X Minimum\_ Should be able to hold wall squat for at least 1 minute.

Rest 4 minutes before going on to the next exercise.

*front-facing curls*

## 6\_BICEP CURLS

Choice of weight is important for this exercise. A heavier weight will be more effective in helping you determine your results on day 90—think of the weight at which you will max out at 10-15 reps. Men should use a minimum of 20 lbs. and women should use a minimum of 8 lbs.

Extend arms straight down in front of body. Be sure that arms are fully extended between each curl. Using both arms at the same time, perform as many curls as you can until failure. Don't rock or cheat, and no breaks longer than 1 second between reps.

Record number of curls completed here.

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

P90X Minimum\_ Should be able to do at least 10 curls with 20 lbs. if male, at least 10 curls with 8 lbs. if female.

Rest 3 minutes before going on to the next exercise.

*the ab test*

Starting position: Seated with hands on the floor at your sides, knees bent with feet on the floor. Raise feet off the ground and bring knees in towards your chest. Straighten legs back out and repeat movement without touching floor.

## 7\_IN & OUTS

Record number of in & outs performed here.

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

P90X Minimum\_ Should be able to do at least 25.

Rest 4 minutes before going on to the next exercise.



Perform jumping jacks nonstop for 2 minutes at a quick and steady pace. During the final 30 seconds, go as fast as you can to maximize your heart rate. When you finish, be prepared to measure your heart rate over a span of 4 minutes. Should be able to finish the test standing and able to breathe.

## 8\_ HEART RATE MAXIMIZER

Record heart rate immediately after jumping jacks here.

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

Heart rate after 1 minute rest

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

Heart rate after 2 minutes rest

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

Heart rate after 3 minutes rest

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

Heart rate after 4 minutes rest

Prior to **DAY 1** \_\_\_\_\_

After **DAY 90** \_\_\_\_\_

**Good news...**

If you can finish the 2 minutes of jumping jacks and the 30-second sprint, you are ready for P90X!

**Are you ready for the X? If so, go to [P90X.com](http://P90X.com) and let's get you equipped!**

**Need some work before you're ready for the X? Go to [Power90.com](http://Power90.com) and in 90 days of pushing play, you'll be ready to crush it with the best of them.**