

# STRONG TRAINING GUIDE

## ASSESSMENT FORM

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You've decided to crank it up and take on our one-month challenge in our first ever *STRONG Fitness Magazine Training Guide*. Print this Assessment Form first and record your pre-challenge results. At the end of the month, look back and do the Assessment again to measure your progress. We're pretty sure you're going to be impressed with yourself.

BEFORE BEGINNING THIS PROGRAM, YOU SHOULD BE IN GOOD GENERAL HEALTH.  
BE SURE TO CONSULT WITH YOUR DOCTOR.

	INITIAL	FINAL RESULT	CHANGE
MAX PUSHUP			
MAX SITUPS			
TIMED PLANK			
ARM HANG			
CENTURY BURPEES			
400M RUN			
WEIGHT			
SHOULDER			
CHEST			
LEFT ARM			
RIGHT ARM			
WAIST			
HIPS			
LEFT THIGH			
RIGHT THIGH			
LEFT CALF			
RIGHT CALF			

## GUIDELINES FOR ASSESSMENT

MEASUREMENT MUST BE TAKEN A DAY OR TWO BEFORE THE START OF THE CHALLENGE. DO A SECOND ASSESSMENT A DAY OR TWO AFTER THE LAST DAY OF THE CHALLENGE TO COMPARE BEFORE AND AFTER RESULTS.

### PHYSICAL MOVEMENTS

**MAX PUSH UP:** Complete as many pushups as you can till failure. Each pushup should be done without hip sag and dropped chest to the floor.

**MAX SITUPS:** Each situp starts with shoulder blades on the floor and hands touching each ear. Without swinging your arms sit up and touch your elbows to your knees.

**TIMED PLANK:** With a timer record the max time you can hold a plank without hip sag.

**ARM HANG:** With a timer have a friend or spotter time you as you hang from a pullup bar. The bar must be at a level between your lips and eyes. Once you drop below that level your time is up.

**CENTURY BURPEES:** The workout that will start and end this challenge. You must do 100burpees in the shortest amount of time.

**400M RUN:** With a timer or using a treadmill see how fast you can run 400 meters.

### BODY MEASUREMENTS

**SHOULDER:** Measured around the widest part of each deltoid.

**CHEST:** Measure around the widest part for the chest, under the arms and with the arms down.

**ARMS:** Upper arm must be parallel to the floor and in a flexed position. Elbow bent 90 degrees. Measurement should be taken midway up upper arm around the highest peak of the bicep.

**WAIST:** The measurement should be taken around the waist where the measuring tape crosses the belly button.

**HIPS:** This measurement should be taken around the widest part of the hips with feet together.

**THIGHS:** This measurement should be taken midway up the thigh.

**CALF:** This measurement should be taken around the widest part of the lower leg, usually around the gastrocnemius muscle.