

Name \_\_\_\_\_

Date \_\_\_\_\_

## Push-up Test

Repetitions \_\_\_\_\_

Kneeling? (yes/no) \_\_\_\_\_

Posture and Technique Observations				
Foot / Ankle	Knee	LPHC	Shoulder	Head / Neck

## Squat Test

Attempt	Repetitions	Weight
1		
2		
3		
4		
5		
6		

Attempt	Repetitions	Weight
1		
2		
3		
4		
5		
6		

Once the assessments have been performed, calculate the 1-repetition maximum by using the chart provided your *NASM Essentials of Personal Fitness Training* textbook.

**1-Rep Max** \_\_\_\_\_

**1-Rep Max** \_\_\_\_\_