

# Fitness Assessment Report

Name: moatasem

Age: 17 years

Gender: Male

BMI: 22.8 (Normal weight)

## Fitness Test Results

Muscular Strength: 73 / 100

Flexibility: 81 / 100

Cardiovascular Endurance: 84 / 100

## Recommended Sports

1. Rowing - Compatibility: 60%
2. Track and Field - Compatibility: 60%
3. Swimming - Compatibility: 60%