

# Fitness Assessment Report

Name: moatasem

Age: 17 years

Gender: Male

BMI: 20.4 (Normal weight)

## Fitness Test Results

Muscular Strength: 70 / 100

Flexibility: 81 / 100

Speed: 82 / 100

## Recommended Sports

1. Track and Field - Compatibility: 63%
2. Gymnastics - Compatibility: 61%
3. Martial Arts - Compatibility: 60%