

# The 3Levels.org Professor eXercise Physical Fitness Checker



Note: Find a coach if possible, especially for exercises in italics. Pick as many as you'd like and track your progress over time. Improved scores or times = more work capacity = better fitness. Not improving? Check the quality of your training stress, recovery, or coaching.

Test Of	Exercise	Format	Notes/Recommendations	P.E.	(date)	(date)	(date)
Upper body strength and stamina	Push-ups	Do as many as possible until you can't keep moving	Choose on knees or full body (FB), chest to floor, arms locked out at top	68 (FB)			
	2-arm bar hang	Hang as long as possible	Channel your inner monkey	>1 min			
	1-arm bar hang	Hang as long as possible	Get time for each arm separately, then average (add times and divide by 2)	35 sec			
	Strict pull-ups	Do as many as possible until you must rest	Chin over bar at top, arms fully extended at bottom	22			
	<i>Kipping pull-ups</i>	Do as many as possible until you must rest	Same range of motion as for strict. These take practice to master	41			
Core strength	Anchored sit-ups	Do as many as possible in 1 minute	Choose a technique (P.E. swung his arms) and use it each time	63			
Leg power	Vertical leap	Jump as high as you can from standing still	Touch some object overhead to know how high you got	26"			
Speed, coordination, and stamina	Jump rope singles	Do as many as possible in 30 seconds	Jump with two feet or (to go faster) by running in place	124			
	<i>Jump rope doubles</i>	Do as many as possible until you must rest	Rope passes under feet twice per jump; these take practice; a fast rope helps	166			
Leg strength and overall coordination	Air squat	Full depth (thighs below parallel to ground)	Knees stay lined up with toes, core stays very tight, feet flat on ground	yes			
	<i>Back squat</i>	Thighs below horizontal 3x	These usually take good coaching & lots of practice to master, but are worth it	370 lbs			
Upper body strength and coordination	Wall handstand	Hold as long as possible	Start facing a wall, kick up so heels rest against it; practice with a spotter	?			
	<i>Free handstand</i>	Hold as long as possible	Know how to roll out; use a mat	15 sec			
Leg speed and endurance	400m run	1 lap around a track as fast as possible	Technique work to stay light and on the balls of the feet can help	0:57.5			
	1600m run	4 laps around a track	Try for even or descending split times	5:10.0			
	5k run	On a track or measured course	If on a course, use the same one each time; check wind speed for consistency	18:19			
Total body speed and endurance	500m row	For time, on a Concept II rower	Try different power settings (e.g., between 5 and 10)	1:22.0			
	2000m row	On a Concept II	Technique matters	06:26.8			
Whatever	Your choice	Up to you	Pick a test (for ideas, see <a href="http://www.crossfit.com/cf-info/exercise.html">www.crossfit.com/cf-info/exercise.html</a> )				

