



Academy of Martial Arts Fitness Assessment

Hello Students

Martial Arts improve our overall *Life Fitness* and physical fitness is an important component of that. The AMA Fitness Assessment has been designed to evaluate your current level of physical fitness. In the future you will use past assessments to track your fitness.

Exercises are to be performed not with an emphasis on speed or quantity but rather technique, alignment and complete range of motion to engage the muscle groups being assessed. This will support the development of strength in those groups. Specific recording methods will be used to have more detail as to how you performed your exercises. These methods are:

Quantity

The quantity of properly completed reps will be recorded. This number can be anywhere from zero to the maximum number required for that exercise.

Time

The time will be recorded when the maximum number of required exercises are completed or the maximum allotted time will be recorded if the maximum quantity is not met.

Un-scaled versus Scaled

Each person has different physical abilities due to strengths, weaknesses, flexibility, body proportions, age, current injuries, former injuries, etc. Each student may select whether they will perform Un-scaled (more challenging) or Scaled (modified) versions of each exercise. This will be communicated to the evaluator and recorded before the assessment for that exercise begins.

Rep versus Non-rep

One rep will be recorded when the exercise is completed correctly according to guidelines of scaled or un-scaled versions. Attempts that do not meet guidelines will be designated a Non-rep.

This is not supposed to be easy. It is intended to challenge each student to develop a well rounded level of fitness that can be tracked and hopefully improved over years to come.

You will be required to complete the AMA Fitness Assessment wearing the following: running shoes, fitness shorts and shirt (fitted, not tight, not baggy).

Exercise	Maximum Reps	Maximum Time	Guidelines	Non-rep
Run	400m	4:00	After an initial warm up lap, cover 400 meters as quickly as you can. Scaled version: walk	Not completing distance or missing time cap.
Squats	40	1:30	Set up: arms at side, feet flat, toes out slightly, heels under shoulders. Rep: Squat to a depth of hip crease below knee, chest up, arms in front, shins as vertical as possible trying not to go past toes, return to full standing posture. Scaled version: not going to hip below knee depth	Squats that do not go hip crease below knee or come up to full vertical will not count.
Sit ups	30	1:30	Set up: shoulder blades to ground, knees bent, feet on ground, thumbs touch front of deltoids. Rep: sit up to vertical elbows outside knees, chest towards thighs, return to start. Scaled version: hands head height	Sit ups where feet lift more than 1 inch off the ground or hips lift off the ground will not count.
Push ups	20	1:30	Set up: hands shoulder width under chest, elbows close to sides pointing towards feet, fingers wide to increase foundation, hands externally rotated slightly to protect shoulders, look forward. Rep: push up until arms are straight, eye of the elbow forward, lower chest to touch or 1 inch from ground, maintain straight body alignment (no cobra) Scaled version: push ups from a knees & toes on ground position.	Push ups where chest is not 1 inch or less to ground at the bottom and arms do not straighten to extension at the top will not count.
Burpees	20	2:00	Rep: from standing, place hands on ground in front of feet, hop back and lower chest to ground, lift torso, raise hips and hop feet to hands, jump to pencil (hands meet overhead). Scaled version: bend over, place hands, step back with one foot then the other do not lower to ground, lift hips step in with one foot then the other, stand then jump.	Burpees where chest doesn't touch (unless scaled), student doesn't stand fully or feet do not leave ground will not count.