



**EVOLVE FIRST**

TEST SERIES 01

# FITNESS BASELINE & PROGRESS TEST

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**ESTABLISH. MEASURE. EVOLVE.**

A repeatable benchmark for strength-endurance, core endurance, lower-body work capacity, and cardiovascular fitness.

**EVOLVE FIRST**

TRAIN WITH PURPOSE / TRACK THE WORK / KEEP EVOLVING



# EVOLVE FIRST

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## WHY THIS TEST MATTERS

Fitness can feel subjective. You may feel stronger, look different, or notice that workouts are easier, but those changes can be difficult to measure. A repeatable fitness test gives you a baseline - a set of numbers you can compare against your future self.

The original test was built around three one-minute exercises plus an 800-meter run, with a point system and repeated testing after training phases. That basic structure is useful because it is short, requires very little equipment, and samples several different fitness qualities instead of relying on a single exercise.

### What the four events tell you:

| EVENT                 | PRIMARY QUALITY                             | WHY IT IS USEFUL                                                                                                             |
|-----------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Air Squats - 1 minute | Lower-body muscular endurance               | Shows how well the legs and hips repeatedly produce controlled bodyweight movement.                                          |
| Push-Ups - 1 minute   | Upper-body muscular endurance               | Tracks repeated pushing strength and trunk control.                                                                          |
| Sit-Ups - 1 minute    | Trunk / core endurance                      | Provides a simple repeatable measure of trunk endurance when the same technique is used each time.                           |
| 800 m Run             | Cardiorespiratory fitness + speed endurance | Adds a cardiovascular component and shows how well you sustain a relatively hard effort after the strength-endurance events. |

**Why it works best as a progress test:** This is not a medical assessment, body-composition test, or complete measure of athletic ability. Its value comes from **standardization and repetition**. If you use the same exercise technique, order, rest, surface, and scoring rules each time, changes in your results become much more meaningful.

**Recommended testing schedule:** Test before beginning a program, then approximately every 4-6 weeks or at the end of a major training phase. Testing every few days is unnecessary and can make normal day-to-day variation look more important than it is.

## BEFORE YOU TEST

**Keep the conditions as similar as reasonably possible each time.** If your first test is indoors on a treadmill after a full night's sleep, comparing it with an outdoor test in extreme heat after a hard workout is less useful.

| STANDARD         | WHAT TO DO                                                                                                       |
|------------------|------------------------------------------------------------------------------------------------------------------|
| Recovery         | Avoid a hard workout immediately before testing. Arrive reasonably rested.                                       |
| Food & hydration | Use a similar pre-test routine each time. Do not intentionally dehydrate or overeat to change the result.        |
| Equipment        | Use the same push-up variation, running method, shoes, and timing method when possible.                          |
| Environment      | Use the same or similar surface and conditions. For an outdoor 800 m, note weather if it may affect performance. |
| Order            | Always perform: Air Squats -> Push-Ups -> Sit-Ups -> 800 m Run.                                                  |
| Rest             | Rest up to 3 minutes between events. For the cleanest comparison, use the same rest period each test.            |
| Form             | Only count repetitions that meet the movement standard. Quality matters more than inflating the number.          |

### 5-10 MINUTE WARM-UP

1. Easy walk, jog, bike, or similar movement - 3 minutes.
2. Arm circles - 20 seconds each direction.
3. Bodyweight squats - 10 controlled reps.
4. Alternating reverse lunges - 5 each leg.
5. Incline or easy push-ups - 5 reps.
6. High knees or brisk march - 20 seconds.
7. Rest 1-2 minutes, then begin.

**Do not turn the warm-up into a workout.** You should feel warmer and more prepared, not fatigued.

# THE TEST - EXACTLY WHAT TO DO

## EVENT 1 - AIR SQUATS

**Time:** 1 minute. **Goal:** Complete as many valid repetitions as possible.

**Standard:** Stand with feet in a comfortable squat stance. Lower under control until you reach a consistent, comfortable depth, then return to a fully standing position. Keep the knees tracking with the feet and maintain a controlled torso. Count 1 rep each time you return to the top. Use the same depth standard every time you test.

**Pacing:** Do not sprint the first 15 seconds and stop. Choose a pace you can sustain for most of the minute. Resting while standing is allowed, but the clock continues.

**After:** Record total valid reps. Rest up to 3 minutes.

## EVENT 2 - PUSH-UPS

**Time:** 1 minute. **Goal:** Complete as many valid repetitions as possible.

**Standard push-up:** Start in a straight-body plank with hands under or slightly wider than shoulders. Lower with control to a consistent depth, then press back to full arm extension. Keep the trunk braced and avoid sagging or excessive hip lift.

**Modified push-up:** A knee-supported version may be used. Because the original test applies a 5-repetition scoring adjustment, this edition keeps that rule but clarifies it: **Adjusted Reps = Modified Push-Up Reps - 5, with a minimum adjusted score of 0.** Use the adjusted number only to determine points.

**Most important:** Once you choose standard or modified push-ups for your baseline, keep using the same version on future tests whenever possible. That makes your trend easier to interpret.

**After:** Record raw reps, variation used, adjusted reps if applicable, and points. Rest up to 3 minutes.

## EVENT 3 - SIT-UPS

**Time:** 1 minute. **Goal:** Complete as many valid repetitions as possible.

**Standard:** Use the same setup each test. Begin lying back with knees bent and feet positioned consistently. Rise until the torso reaches the chosen top position, then return until the upper back contacts the floor. Count only complete repetitions. Avoid pulling aggressively on the head or neck.

**After:** Record valid reps. Rest up to 3 minutes.

## EVENT 4 - 800-METER RUN

**Distance:** 800 meters (approximately 0.5 mile). **Goal:** Complete the distance as quickly as you can while maintaining safe, controlled effort.

**Track:** 800 m is two laps of a standard 400 m track. **Treadmill:** Use 0.50 mile if the treadmill is set to miles, and use the same treadmill method on future tests when possible.

**Record:** Finish time to the nearest second. Walk for several minutes afterward until breathing and heart rate begin returning toward normal.

## CORRECTED SCORING SYSTEM

The original scoring concept is retained, but several gaps and inconsistencies have been cleaned up. The original sit-up table stopped at 49 reps even though scores can exceed that number, and the run instructions said 4:20 was needed to score while the run table awarded a point beginning at 4:40. This edition uses the scoring table itself as the controlling standard, extends the top sit-up category to 45+, and makes the run thresholds continuous and easy to apply.

| POINTS | AIR SQUATS | PUSH-UPS | SIT-UPS | 800 m RUN      |
|--------|------------|----------|---------|----------------|
| 0      | 0-24       | 0-13     | 0-15    | 4:41 or slower |
| 1      | 25-29      | 14-18    | 16-20   | 4:40-4:35      |
| 2      | 30-34      | 19-24    | 21-26   | 4:34-4:30      |
| 3      | 35-39      | 25-30    | 27-31   | 4:29-4:25      |
| 4      | 40-44      | 31-34    | 32-37   | 4:24-4:20      |
| 5      | 45-49      | 35-38    | 38-44   | 4:19-4:15      |
| 6      | 50+        | 39+      | 45+     | 4:14 or faster |

**Maximum score: 24 points.** Add the points from all four events. A higher score means better performance on this specific test - not that someone is universally 'more fit.' The most useful comparison is your current score versus your own previous scores.

**Run scoring example:** 4:37 = 1 point; 4:32 = 2; 4:27 = 3; 4:22 = 4; 4:17 = 5; 4:14 = 6.

## EVOLVE FIRST FITNESS LEVELS

The original six-level, 24-point structure is retained, but the labels have been rewritten to be clearer and more constructive. The categories are milestones, not judgments.

| TOTAL | LEVEL    | WHAT IT MEANS                                                                                                      |
|-------|----------|--------------------------------------------------------------------------------------------------------------------|
| 0-4   | START    | You have established a baseline. Focus on consistency, movement quality, and building your aerobic base.           |
| 5-9   | BUILD    | You are developing foundational work capacity. Keep accumulating consistent training.                              |
| 10-14 | PROGRESS | A useful middle range showing developing strength-endurance and conditioning.                                      |
| 15-18 | ADVANCE  | You are demonstrating solid performance across several areas of the test.                                          |
| 19-21 | PERFORM  | Strong overall performance on this test. Progress may now come in smaller increments.                              |
| 22-24 | EVOLVE   | High performance across the four test events. Continue training for quality, balance, and sustainable improvement. |

**Do not chase the category at the expense of good movement.** Moving from 12 to 14 points can still represent meaningful improvement even though the category does not change. Individual event trends are often more informative than the total score.

# HOW TO INTERPRET YOUR RESULTS

The total score gives you a quick snapshot, but the four individual results tell the better story.

| PATTERN                                      | POSSIBLE TAKEAWAY                                                                                                                                          |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Squats improve, run stays similar            | Lower-body muscular endurance may be improving faster than cardiovascular performance.                                                                     |
| Push-ups improve significantly               | Upper-body pushing endurance and/or push-up efficiency has improved.                                                                                       |
| Run improves, exercise reps stay similar     | Cardiovascular conditioning may be improving while muscular-endurance performance is relatively stable.                                                    |
| Total score stays the same but events change | Look at the individual numbers. One quality may have improved while another declined slightly.                                                             |
| Everything drops on one test day             | Do not panic. Sleep, stress, heat, recent training, hydration, pacing, and illness can affect a single performance. Look for trends across multiple tests. |

A useful fitness test should help answer three questions: **Where am I now? What changed? What should I work on next?** That is why recording the raw numbers matters. Points make the test easy to understand, but raw repetitions and run time show smaller improvements that the point system may not capture.

**Example:** Improving an 800 m time from 4:39 to 4:35 still earns 1 point, but the four-second improvement is real and should be recorded.

## TESTING RULES

1. Complete all four events during the same testing session.
2. Use this order: Air Squats -> Push-Ups -> Sit-Ups -> 800 m Run.
3. Allow no more than 3 minutes between events; use a consistent rest period when possible.
4. Each strength-endurance event lasts exactly 60 seconds.
5. The timer does not stop if you pause during a one-minute event.
6. Count only valid repetitions.
7. Use the same push-up variation on repeat tests whenever possible.
8. Complete the full 800 m distance before stopping the timer.
9. Record both raw performance and points.
10. Do not intentionally sacrifice safe technique just to gain another repetition or point.

**ABCS reminder:** **A**irway/breathing stays controlled; **B**ack stays in a strong, appropriate position; **C**ore stays engaged; **S**peed stays suitable for the movement and your ability.

**Stop the test** for chest pain, faintness, severe dizziness, unusual shortness of breath, sharp pain, or any symptom that makes continuing unsafe. Seek appropriate medical attention when needed.

# EVOLVE FIRST PROGRESS TRACKER

Use the same tracker every time. Record the date and conditions so you can understand why a result may differ.

| TEST       | AIR SQUATS           | PUSH-UPS             | SIT-UPS              | 800 m                | TOTAL     |
|------------|----------------------|----------------------|----------------------|----------------------|-----------|
| Baseline   | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |
| Check-In 1 | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |
| Check-In 2 | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |
| Check-In 3 | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |
| Check-In 4 | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |
| Check-In 5 | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |
| Check-In 6 | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Reps: ____ Pts: ____ | Time: ____ Pts: ____ | ____ / 24 |

## Test conditions / notes:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Push-up version: Standard / Modified Run method: Track / Treadmill / Other: \_\_\_\_\_

Sleep / recovery: \_\_\_\_\_ Weather if outdoors: \_\_\_\_\_

What improved? \_\_\_\_\_

What needs work? \_\_\_\_\_

Training focus before next test: \_\_\_\_\_

## FINAL MESSAGE

The number is not the purpose. **The trend is the purpose.** A baseline gives you somewhere to start. Repeating the same test gives you evidence that your training is doing something - or information that tells you when your approach needs to change.

You do not need to be at the top of the scoring table for the test to be valuable. If you complete more quality repetitions, run the 800 meters faster, recover better between events, or perform the same numbers with better control, you have useful information about your progress.

**Evolve First:** establish the baseline, do the work, measure the change, and keep evolving.

**General safety notice:** Fitness testing and exercise involve risk. Results vary by individual. Consider consulting a qualified healthcare professional before beginning a new exercise or fitness-testing program, particularly if you have health concerns, symptoms, or a history that may affect safe participation.