



EVOLVE FIRST

TEST SERIES 02

UNIVERSAL FITNESS LADDER TEST

FIND YOUR LEVEL. BUILD FROM THERE.

A scalable full-body self-assessment built around movement quality, consistency, and personal progress.

EVOLVE FIRST

TRAIN WITH PURPOSE / TRACK THE WORK / KEEP EVOLVING



EVOLVE FIRST

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WHY THIS TEST IS DIFFERENT

The uploaded Burpee Build Up Test has a useful idea: progressively harder levels built around squats, running, up-downs, push-ups, and burpees. It originally describes Basic through Expert levels with increasing repetitions, running distances, and maximum completion times.

For a test intended for a much broader population, however, a single absolute rep-and-run standard can disadvantage people because of age, body size, impact tolerance, training history, disability, or current conditioning. Evolve First therefore keeps the **fitness ladder** idea but changes the measurement: everyone can select an appropriate movement lane while being scored primarily on **completion, quality, consistency, and personal improvement**.

The test samples five useful qualities: lower-body endurance, upper-body endurance, repeated floor-to-standing ability, cardiovascular endurance, and total-body work capacity. No short field test can define a person's complete health or fitness.

THE FIVE EVENTS

EVENT	WHAT IT TESTS	STANDARD OPTION	LOW-IMPACT / ACCESSIBLE OPTION
1. Squat	Lower-body endurance and control	Bodyweight squat	Chair sit-to-stand
2. Cardio	Aerobic / speed endurance	Run or jog	Brisk walk, bike, row, elliptical, or swim
3. Up-Down	Floor transition + total-body endurance	Standing -> hands down -> plank -> stand	Hands to elevated bench/wall, step back and return; or controlled chair rise
4. Push-Up	Upper-body pushing endurance	Floor push-up	Incline/wall push-up or knee push-up
5. Burpee Pattern	Integrated total-body work capacity	Burpee without required jump	Elevated step-back burpee; no jump required

Important: Pick your movement version before the baseline test and record it. Use the same version when retesting. If you later progress to a harder variation, record that as a separate achievement instead of pretending the two tests are identical.

CHOOSE YOUR TEST LEVEL

The original test increased every event together. This revised ladder keeps four challenge levels but adds an Entry level and uses more practical work targets. The time shown is a **target window, not a failure cutoff**. Finishing outside the window still gives you a valid baseline.

LEVEL	SQUATS	CARDIO	UP-DOWNS	CARDIO	PUSH-UPS	CARDIO	BURPEE	CARDIO
Entry	5	100 m / ~1 min	5	100 m / ~1 min	5	100 m / ~1 min	5	100 m / ~1 min
Foundation	10	100 m	10	100 m	10	100 m	10	100 m
Build	15	200 m	15	200 m	15	200 m	15	200 m
Perform	20	300 m	20	300 m	20	300 m	20	300 m
Evolve	25	400 m	25	400 m	25	400 m	25	400 m

Cardio substitutions: If distance is not practical, use approximately 1, 2, 3, or 4 minutes of cardio for the 100, 200, 300, or 400 m segments respectively. This is a scaling method, not a claim that different cardio modes are physiologically identical.

Which level should I start with? If you are unsure, use Entry. If Entry is completed with clean technique and you finish feeling that you could safely do considerably more, use Foundation at your next test. A baseline that is too easy is safer and more useful than a first test that forces you to stop.

EXACT TEST ORDER

Warm up for 5-10 minutes first. Use easy cardio for 3 minutes, then 10 controlled squats or chair stands, 5 easy push-ups at your chosen level, 5 slow up-down patterns, arm circles, and a short brisk walk/jog.

STEP	ACTION	WHAT HAPPENS NEXT
1	Complete your level's squat repetitions.	Immediately complete Cardio Segment 1.
2	Rest 60-120 sec as needed.	Then complete the up-down repetitions.
3	Complete Cardio Segment 2.	Rest 60-120 sec.
4	Complete your push-up repetitions.	Then complete Cardio Segment 3.
5	Rest 60-120 sec.	Complete your burpee-pattern repetitions.
6	Complete Cardio Segment 4.	Stop the clock and record total time.

Clock rule: Start the timer immediately before the first squat and stop it after the final cardio segment. Rest periods count toward total time. This makes total time a useful work-capacity measure, but you should never shorten needed rest simply to chase a score.

MOVEMENT STANDARDS

Squat / chair stand: Use a consistent depth or chair height. Stand fully at the top. Knees should track in the direction of the feet. Only pain-free, controlled repetitions count.

Up-down: From standing, place the hands on the floor or chosen elevated surface, step or jump the feet back to a plank-like position, return the feet forward, and stand tall. No push-up or jump is required.

Push-up: Use floor, knee, incline, or wall variation. Maintain a stable trunk and use a consistent depth. Reach full controlled extension at the top.

Burpee pattern: Stand -> hands to floor/elevated surface -> feet back -> feet forward -> stand. A jump and push-up are **not required** for this universal test. Advanced users may use them only if they consistently use that same version on retests.

Cardio: Run, jog, or use your selected low-impact modality. Keep the modality the same for comparison. The purpose is repeatability, not forcing everyone to run.

THE EVOLVE FIRST FITNESS MEASUREMENT

A universal test should not tell a 20-year-old and a 70-year-old that they have the same 'fitness level' solely because of one absolute time. Instead, this system gives you **three measurements**: Test Level, Quality Score, and Progress Score.

1. **TEST LEVEL** - the highest ladder level you can complete safely with your chosen movement variations.
2. **QUALITY SCORE** - whether you completed the work with consistent movement standards.
3. **PROGRESS SCORE** - how your current performance compares with your own previous test.

Your total time is recorded, but it is **not used by itself to label your overall fitness**. This reduces the bias created by age, body size, limb length, and movement modality.

QUALITY SCORE	DESCRIPTION
1 - Needs Practice	Several reps could not meet your chosen standard or you had to change variations during the test.
2 - Developing	Test completed, but form or pacing became inconsistent.
3 - Controlled	Nearly all reps met the chosen standard; pacing remained reasonably controlled.
4 - Strong	All reps met the standard with consistent technique and purposeful pacing.
5 - Excellent Control	All work was technically consistent and you finished with enough control that the next ladder level may be appropriate at a future test.

HOW TO MEASURE PROGRESS

Compare a retest only with a test performed at the **same ladder level, same movement variations, and same cardio mode**. Use the formula below for total-time improvement.

$$\text{Time Improvement \%} = (\text{Previous Time} - \text{Current Time}) / \text{Previous Time} \times 100$$

CHANGE FROM YOUR PREVIOUS COMPARABLE TEST	PROGRESS RATING
Slower by more than 5%	Reassess - recovery, pacing, conditions, or training may have affected performance.
Within +/- 5%	Maintain - performance is broadly stable.
5-9.9% faster	Progressing - measurable improvement.
10-14.9% faster	Strong Progress - substantial improvement.
15%+ faster	Major Progress - large change; confirm it again on a future standardized test.
Move up one ladder level with Quality 4-5	Level Advancement - a meaningful increase in work capacity, even if the new test takes longer.

Example: Previous Foundation time = 12:00. New Foundation time = 10:48. Improvement = 10%. That is Strong Progress. If you later move to Build, do not compare the Build time directly with the Foundation time because the workload changed.

YOUR EVOLVE FIRST FITNESS PROFILE

Instead of one number pretending to describe everything about you, record a short profile:

MEASURE	YOUR RESULT
Ladder Level	Entry / Foundation / Build / Perform / Evolve
Movement Lane	Standard / Modified / Mixed - record exact versions
Quality Score	1 / 2 / 3 / 4 / 5
Total Time	_____
Progress vs. Last Comparable Test	_____ %
Progress Rating	Reassess / Maintain / Progressing / Strong Progress / Major Progress / Level Advancement

A practical interpretation: Someone who completes Foundation with excellent movement quality is not 'less fit' as a person than someone completing Perform. The levels describe performance on this specific test. Age, size, health, disability, training goals, and movement history all matter. The goal is to build from your own baseline.

RETESTING & TRACKER

Retest every 4-8 weeks or at the end of a training phase. Use similar sleep, hydration, environment, equipment, movement versions, and cardio mode whenever possible.

DATE	LEVEL	VARIATIONS / CARDIO	TIME	QUALITY	CHANGE	RATING
_____	_____	_____	_____	__/5	Baseline	_____
_____	_____	_____	_____	__/5	_____%	_____
_____	_____	_____	_____	__/5	_____%	_____
_____	_____	_____	_____	__/5	_____%	_____
_____	_____	_____	_____	__/5	_____%	_____
_____	_____	_____	_____	__/5	_____%	_____

WHEN TO MOVE UP A LEVEL

Consider trying the next level on a future testing day when you: (1) complete every prescribed repetition and cardio segment, (2) earn a Quality Score of 4 or 5, (3) do not need to change your movement variation mid-test, and (4) recover normally afterward. You do **not** have to move up simply because you qualify; continuing to improve at the same level is valid.

SAFETY & FAIRNESS

This test is designed to be scalable, but no single test is appropriate for literally every person. Children should be supervised by a responsible adult and should focus on movement quality rather than maximum effort. Older adults, people returning after a long period of inactivity, pregnant individuals, and anyone with relevant medical, balance, orthopedic, cardiovascular, or other concerns may need individualized professional guidance or different testing.

Stop for chest pain, faintness, severe dizziness, unusual shortness of breath, sharp pain, loss of balance that creates danger, or any symptom that makes continuing unsafe.

Body size is not scored. There is no BMI penalty, weight-class adjustment, or age penalty. Those factors can influence performance, but the purpose of Evolve First is to create a consistent personal benchmark rather than rank unlike bodies against each other.

Evolve First: Find your starting point. Choose the version that fits you. Record it. Train. Retest. Measure the change. Then decide what you want to build next.