

## A TRAINER'S 5-MINUTE WORKOUT TO TEST YOUR FITNESS LEVEL

by Thomas Smith

This brief routine will evaluate your endurance, strength, flexibility, and cardiovascular health.

Curious about your fitness but pressed for time? A quick five-minute workout can offer key insights into your overall fitness. I've crafted this routine to assess your endurance, strength, flexibility, and cardiovascular health. It's straightforward, requires no equipment, and can be done anywhere.

This five-minute workout is an efficient way to measure your fitness level. By evaluating your performance across these five exercises, you'll identify both strengths and areas needing improvement. Integrate this test into your routine every few months to monitor your progress and refine your workouts as needed. Remember, consistency is crucial for improving fitness, so stay dedicated and keep pushing your limits.

### THE 5-MINUTE FITNESS TEST

This workout features five exercises, each performed for one minute without rest between them. The objective is to complete as many repetitions as possible for each exercise within the one-minute limit. Be sure to warm up before starting with a few minutes of light cardio, such as marching in place or light jogging.

#### PUSHUPS

- Excellent: 50+ pushups
- Good: 40 to 49 pushups
- Average: 30 to 39 pushups
- Below Average: <30 pushups

#### SQUATS

- Excellent: 60+ squats
- Good: 50 to 59 squats
- Average: 40 to 49 squats
- Below Average: <40 squats

#### PLANKS

- Excellent: 60 seconds
- Good: 50 to 59 seconds
- Average: 40 to 49 seconds
- Below Average: <40 seconds

#### JUMPING JACKS

- Excellent: 60+ jumping jacks
- Good: 50 to 59 jumping jacks
- Average: 40 to 49 jumping jacks
- Below Average: <40 jumping jacks

#### BURPEES

- Excellent: 30+ burpees
- Good: 20 to 29 burpees
- Average: 10 to 19 burpees
- Below Average: <10 burpees