

# **WEIDER** **RUTHLESS**

## **RUTHLESS FITNESS TEST**

This fitness test is designed to help you assess your cardiorespiratory fitness, strength, and overall performance. Take this test on days 1, 30, and 60 to monitor your progress, stay on track, and finally achieve your fitness goals.

Complete 60 days of Ruthless workouts and watch your body change into an efficient, strong machine.

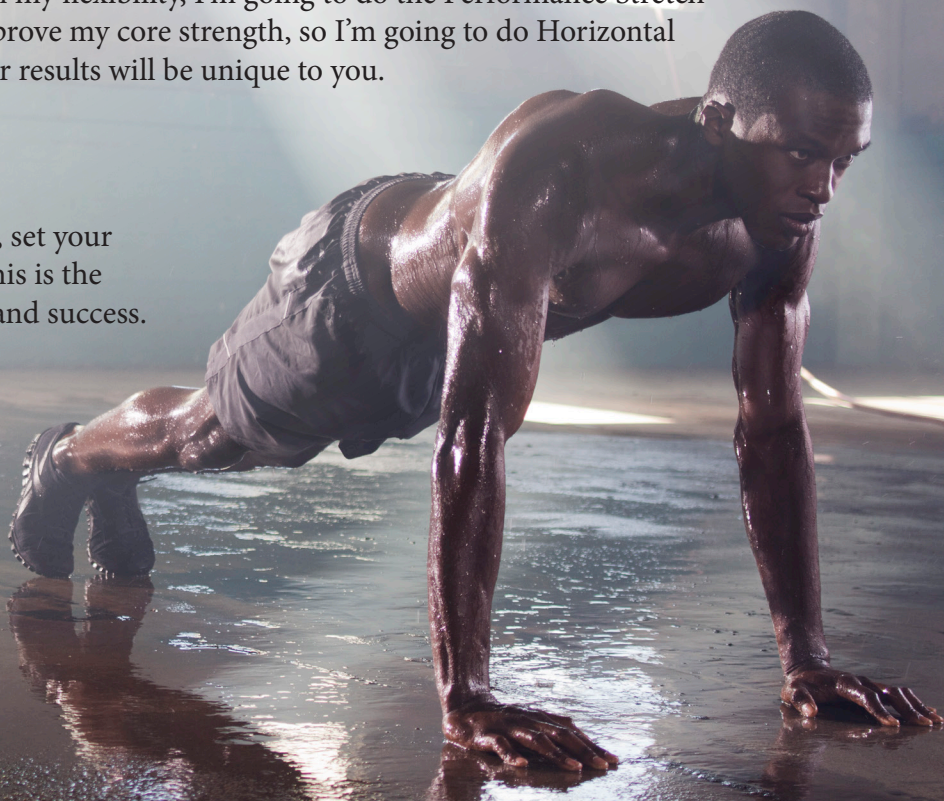


### **WHY TAKE A FITNESS TEST?**

One word: motivation. If you don't know where you stand right now, it's difficult to know what areas need improvement. This fitness test will help you discover your strengths and weaknesses allowing you work hard in the right places. Once you start focusing on the Ruthless workouts that will bring you the best results, you can decide: "I need to work on my flexibility, I'm going to do the Performance Stretch program five days per week." Or "I need to improve my core strength, so I'm going to do Horizontal Circuit three days per week," and so forth. Your results will be unique to you.

### **HOW OFTEN SHOULD YOU TAKE A FITNESS TEST?**

A good timeline is every 30 days. Take the test, set your goals, do the workouts, retake the test, and—this is the fun part—enjoy the triumph of improvement and success.



# THE RUTHLESS FITNESS TEST BREAKDOWN:

\*Note: These tests are approximations to be used as fitness markers and motivational tools. Please consult with your doctor before starting this or any exercise program.

## 1. RESTING HEART RATE

It's best to take your resting heart rate in the morning (or after 5 minutes of calm, deep breathing), before physical activity and before consuming any stimulants like caffeine.

- Track your pulse for 15 seconds and multiply by 4 (or you can count out a whole minute)
- Compare your resting heart rate to the following table.

RESTING HEART RATE	HOW FIT ARE YOU?	SCORE/POINTS
40–65 bpm	Excellent / You are Ruthless!	2
65–85 bpm	Good / Keep Working!	1
85–100+ bpm	Need Improvement / Time to Get Ruthless!	0

Track your improvement as you complete the Ruthless workouts.

<b>Day 1</b> Resting Heart Rate <input type="text"/>	<b>Day 30</b> Resting Heart Rate <input type="text"/>	<b>Day 60</b> Resting Heart Rate <input type="text"/>
---	--	--

## 2. PUSH-UP TEST

This is a test for upper-body muscular strength and endurance. Push-ups require strength and endurance mainly from the chest, shoulders, triceps, and core. But they also demand total-body stabilization throughout the entire movement.

- Start the test by getting in push-up position (toes for the guys; knees for the ladies) and place your hands shoulder-width apart. Keep a straight line from the knees (or toes) to the shoulders. Lower down until your elbows are at a 90-degree angle and push back up. That's one rep.
- See how many you can complete in one minute with good form and a steady cadence. Ready? Go!

NUMBER OF PUSH-UPS	HOW FIT ARE YOU?	SCORE/POINTS
45 +	Excellent / You are Ruthless!	2
25 - 45	Good / Keep Working!	1
< 25	Need Improvement / Time to Get Ruthless!	0

Track your improvement as you do Ruthless workouts.

<b>Day 1</b> Push-up Count <input type="text"/>	<b>Day 30</b> Push-up Count <input type="text"/>	<b>Day 60</b> Push-up Count <input type="text"/>
--	---	---

### 3. SIT-UP TEST

Sit-ups test strength and endurance of the entire core. With a larger range of motion than standard crunches, the full sit-ups keep your abdominals working longer under tension for a more complete core assessment.

- Start down on the floor and tuck your feet under a couch or sit-up bar. Cross your arms over your chest with your chin lifted. Press your belly button in toward your spine and lift upper body all the way up until your chest is perpendicular to the floor (full sit-up).
- See how many you can complete in one minute with good form and a steady cadence. Ready? Go!

NUMBER OF SIT-UPS	HOW FIT ARE YOU?	SCORE/POINTS
35 +	Excellent / You are Ruthless!	2
15 – 35	Good / Keep Working!	1
< 15	Need Improvement / Time to Get Ruthless!	0

Track your improvement as you do Ruthless workouts.

Day 1 Sit-up Count	<input type="text"/>	Day 30 Sit-up Count	<input type="text"/>	Day 60 Sit-up Count	<input type="text"/>
-----------------------	----------------------	------------------------	----------------------	------------------------	----------------------

### 4. THE BURPEE TEST

This test combines total-body power, strength, and endurance.

- For full burpees, drop down, push feet out to plank, drop into a push up, bring your knees in, and powerfully jump up. That's one rep.
- See how many you can complete in one minute with good form and a steady cadence. Ready? Go!

NUMBER OF BURPEES	HOW FIT ARE YOU?	SCORE/POINTS
30 +	Excellent / You are Ruthless!	2
15 – 30	Good / Keep Working!	1
< 15	Need Improvement / Time to Get Ruthless!	0

Track your improvement as you do Ruthless workouts.

Day 1 Burpee Count	<input type="text"/>	Day 30 Burpee Count	<input type="text"/>	Day 60 Burpee Count	<input type="text"/>
-----------------------	----------------------	------------------------	----------------------	------------------------	----------------------

## 5. THE FLEXIBILITY TEST

This test is a basic measure of your flexibility in the muscle groups (glutes, hamstrings, calves) that are most often tight, imbalanced, and the source of back and/or other pain.

- Sit down on the floor with your legs straight in front of you. Pull your shoulders down and back. Straighten your back; abs in tight. Bend forward from your hips (your back should stay straight, not arch or round over) and reach forward with straight arms and fingertips.
- Find the furthest point you can reach and hold for 20 seconds.

HOW FAR DID YOU REACH?	HOW FIT ARE YOU?	SCORE/POINTS
Past My Toes	Excellent / You are Ruthless!	2
Ankles	Good / Keep Working!	1
Mid-Calf	Need Improvement / Time to Get Ruthless!	0

Track your improvement as you do Ruthless workouts.

<b>Day 1</b> <b>Flexibility Point</b> <div style="font-size: 48px; opacity: 0.2; position: absolute; top: 50px; left: 100px;">1</div> <input style="width: 60px; height: 40px; margin-left: 100px; margin-top: 50px;" type="text"/>	<b>Day 30</b> <b>Flexibility Point</b> <div style="font-size: 48px; opacity: 0.2; position: absolute; top: 50px; left: 100px;">30</div> <input style="width: 60px; height: 40px; margin-left: 100px; margin-top: 50px;" type="text"/>	<b>Day 60</b> <b>Flexibility Point</b> <div style="font-size: 48px; opacity: 0.2; position: absolute; top: 50px; left: 100px;">60</div> <input style="width: 60px; height: 40px; margin-left: 100px; margin-top: 50px;" type="text"/>
--	--	--

## TALLY UP YOUR SCORE.

<b>Day 1</b> <b>Total</b> <div style="font-size: 48px; opacity: 0.2; position: absolute; top: 50px; left: 100px;">1</div> <input style="width: 60px; height: 40px; margin-left: 100px; margin-top: 50px;" type="text"/>	<b>Day 30</b> <b>Total</b> <div style="font-size: 48px; opacity: 0.2; position: absolute; top: 50px; left: 100px;">30</div> <input style="width: 60px; height: 40px; margin-left: 100px; margin-top: 50px;" type="text"/>	<b>Day 60</b> <b>Total</b> <div style="font-size: 48px; opacity: 0.2; position: absolute; top: 50px; left: 100px;">60</div> <input style="width: 60px; height: 40px; margin-left: 100px; margin-top: 50px;" type="text"/>
--	--	--

### 8 – 10 POINTS: Stay focused and share your passion.

- You are rocking it. Keep up the good work and invite your friends and family to get Ruthless with you. Do Ruthless workouts to maintain your fitness, sculpt stronger muscles, and achieve your best body ever.

### 5 – 7 POINTS: Keep working.

- You are on a journey—and going in the right direction. Ruthless will get you there. Do one workout at least six days per week.

### 0 – 4 POINTS: You have the opportunity to change your life!

- Set a goal to take it one day at a time, you can do this. As hard as the workouts may feel, set a goal to do one Ruthless workout at least six days per week. If you are sore, fight through it. If you are tired, do as much as you can and realize that you will get a little stronger every day.