



LawFit® Fitness Assessments

The Assessment should take approximately 1 hour to complete and will consist of the following exercises (modifications are available, and you can choose to opt out of any of the assessment items):

- Resting heart rate
- Blood pressure test
- Weight and Body fat measurement
- 1.5 mile run – cardio (on the treadmill)
- Max sit ups in one minute – core strength
- Sit and reach test – flexibility
- Max bench press – 1 rep – 3 attempts – upper body
- Max pull ups or lat pull downs until you stop – upper body

You will complete these exercises to the best of your ability. The idea is to establish a baseline that you can then test during a post-assessment at the end of the Healthy Weight Program.

A few reminders:

- Wear appropriate athletic clothing and tennis shoes
- Bring your AU ID
- Lockers are limited, so bring along only necessary items
- You may use the shower at the facility

All assessments are in Cassell Fitness Center. Dates are as follows:

Pre-Assessments:

Thursday, January 31st at 9am

Thursday, January 31st at 1pm

Friday, February 1st at 4pm

Post-Assessments:

Thursday, April 4th at 9am

Thursday, April 4th at 1pm

Friday, April 5th at 4pm

Register online: [Pre-Assessment](#) and [Post-Assessment](#)