

## FITNESS ASSESSMENT

<b>Name : Benobin</b>	<b>Height: 5.8ft cm</b>	<b>Date: 23/2/2024</b>
<b>Grade /age : 25</b>	<b>Weight: 69.2 kg</b>	<b>Sport :NA</b>

### Present Assessment

	<i>LOW</i>	<i>MODERATE</i>	<i>HIGH</i>
Upper body flexibility	<		>
			✓
Lower body flexibility	<		>
	✓		
Upper body strength	<		>
	✓		
Core strength	<		>
	✓		
Lower body strength	<		>
		✓	
Upper body power	<		>
		✓	
Lower body power	<		>
		✓	

**Remarks: full body fitness ,body weight training and weight training**