

FITNESS ASSESSMENT

Name : kiran mai	Height: 5.1 ft cm	Date: 24/2/2024
Grade /age : 32	Weight: 54 kg	Sport :NA

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