

FITNESS ASSESSMENT

Name : Mohanapriya	Height: 5.5ft cm	Date: 23/2/2024
Grade /age : 28	Weight: 96.4 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 ,cardio and weight training