



BRIAN DANLEY FITNESS

PRE-EXERCISE TEST INSTRUCTIONS

- **AVOID VIGOROUS EXERCISE 24 HOURS PRECEDING THE TEST**
- **GET ADEQUATE SLEEP** (e.g., six to eight hours the night before)
- **EAT MODERATE FOOD INTAKE** (e.g., snack two to four hours before the test)
- **DRINK ADEQUATE FLUIDS** (e.g., six to eight glasses of water the day before the test and at least two cups within two hours of the test)
- **AVOID ALCOHOL, CAFFEINE, NICOTINE 3 HRS BEFORE TEST**
- **WEAR PROPER ATTIRE** (e.g., loose-fitting clothing, running shoes)
- **CONTINUE MEDICATIONS AS PRESCRIBED**
- **BRING MEDICATION LIST**
- **THE FOLLOWING FITNESS ASSESSMENT TESTS WILL BE ADMINISTERED:**
 1. **RESTING BLOOD PRESSURE / HEART RATE**
 2. **HEIGHT**
 3. **WEIGHT**
 4. **BODY COMPOSITION** (e.g., skinfold calipers)
 5. **MUSCULAR STRENGTH** (e.g., bar curl test)
 6. **AEROBIC ENDURANCE** (e.g., treadmill test)
 7. **FLEXIBILITY** (e.g., bend and reach test)
 8. **POSTURAL ANALYSIS** (e.g., squat test and spinal curvature)
- **BE AWARE OF THE FOLLOWING INDICATIONS FOR TERMINATING THE AEROBIC ENDURANCE TEST:**

- **EXCESSIVE RISE IN BLOOD PRESSURE:**
 1. **SBP \geq 250 mm Hg**
 2. **DBP \geq 120 mm Hg**

- **DROP IN SPB \geq 20 mm Hg FROM BASELINE BLOOD PRESSURE**
- **IRREGULAR HEARTBEAT**
- **FAILURE OF HEART RATE TO INCREASE**
- **SHORTNESS OF BREATH**
- **WHEEZING**
- **LEG CRAMPS**
- **CHEST PAIN**
- **DIZZINESS**
- **CONFUSION**
- **NAUSEA**
- **DESIRE TO STOP**

Participant's name (please print clearly): _____

Participant's signature: _____

Date: _____

Parent/guardian's signature: _____
(if client is 13 to 17 years of age)

Date: _____