



Am I fit enough to Start?

Phoenix Fitness Measurement Baseline. You shouldn't use the excuse; I am not fit enough to start unless you are actually not fit enough or healthy enough to start. Below is a guide to the basic fitness level you should be at to get started. If you are not able to do the base line fitness, start running, getting fit, see a Dr, join a boring gym and get up to a minimum level first, for your own safety!

If the exercises below are easy for you, then do a trial NOW and get into it.

Many people join to get fit by doing something challenging and interesting. Phoenix is not however a fitness center that has base level fitness classes, we do Muay Thai, which is great for fitness, but it isn't base line fitness. For your own health you should have a base of fitness to be able to enjoy the classes and build on. To commence classes, you should be able to meet the base fitness guidelines below. You are also required to complete a medical screening questionnaire. You should also not commence until you have a clearance from a medical practitioner, which is up to you to obtain. This is for your own safety. All fitness and sport must be developed from a base line level, and it is not safe to commence without a base line physical capability.

When you start classes, the only way your fitness will improve is to turn up and practice every day you are not at training.

Exercise standard is available on the web page for viewing or required technique standard.

- Run for 1km nonstop. Times based on age or Beep test. Then do Pushups. Plank touch. Burpees

Activity	Male 16+	Female 16+	Male 36+	Female 36+	Male 14+	Female 14+	Male 12+	Female 12+	Male 10+	Female 10+	Male 8+	Female 8+
Run flat 1km (no walking) OR	7.5min	8.5min	8min	9min	8min	9min	6.5min	7.5min	7min	7.5min	7min	7.5min
Run – beep test	6	4	5.5	4	4.5	3.2	3.8	3	3.5	3.2	3.2	3
Plank Touches	10	10	8	8	6	5	5	4	5	4	3	3
Burpees	6	4	5	4	5	4	4	3	4	3	4	3
Sit ups – 30 sec	10	10	10	10	8	8	6	6	4	4	4	4
Push ups	6	2	4	2	5	2	4	2	3	2	2	2
Modified Pups		5		5		5		5		5		5

- If there is an exercise you cannot complete because of medical/health reason, then you need to see a Dr.
- This is a base line only, classes are routinely harder, longer, and more challenging than this measurement.
- Each step up in training requires a further fitness measurement to commence.
- Everyone is at training to get fitter, stronger, faster, and tougher, every class.