

# Yoga Fitness Tests

TEST	metric	/ /	/ /	/ /
Firelog	fists			
Garland	fists			
Sphinx leg up	level			
Cobbler groin	cm			
Cobbler knees	fists			
Seated fwd fold	cm			
Tree	time			
Camel	level			
Side bend	cm			
Trunk rotation	deg			
Shoulder rotation	cm			
Cow face	cm			
Locust	cm			
Plank	sec			
Situps	#			
Step test	heart rate			

### 3-Minute Step Test (Men) - Heart Rate

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	<79	<81	<83	<87	<86	<88
Good	79-89	81-89	83-96	87-97	86-97	88-96
Above Average	90-99	90-99	97-103	98-105	98-103	97-103
Average	100-105	100-107	104-112	106-116	104-112	104-113
Below Average	106-116	108-117	113-119	117-122	113-120	114-120
Poor	117-128	118-128	120-130	123-132	121-129	121-130
Very Poor	>128	>128	>130	>132	>129	>130

### 3-Minute Step Test (Women) - Heart Rate

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	<85	<88	<90	<94	<95	<90
Good	85-98	88-99	90-102	94-104	95-104	90-102
Above Average	99-108	100-111	103-110	105-115	105-112	103-115
Average	109-117	112-119	111-118	116-120	113-118	116-122
Below Average	118-126	120-126	119-128	121-129	119-128	123-128
Poor	127-140	127-138	129-140	130-135	129-139	129-134
Very Poor	>140	>138	>140	>135	>139	>134