

Test your fitness level FAST: Plank + squat challenge

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Featured topic

Think you're in shape? Put your fitness to the test with these two simple exercises you can do almost anywhere!

In this quick fitness challenge, you'll discover:

- How long you can hold a plank to test core endurance
- How many bodyweight squats you can perform to measure lower-body stamina
- Fitness benchmarks to see how your results stack up
- An easy way to track your progress over time

These simple tests provide a quick snapshot of your core strength, muscular endurance, lower-body fitness, and overall conditioning. Repeat them regularly and watch your progress improve!

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Transcript

Narrator: Here are two simple fitness tests you can do almost anywhere to assess your current fitness level.

Test your core endurance with a plank. Start in a forearm plank position, keeping your body in a straight line from head to heels. Hold as long as you can with good form. Then record your time. If you can hold this pose for longer than 90 seconds, your core is in great shape.

Next, test your lower body endurance with bodyweight squats. Feet shoulder width apart, lower until your thighs are parallel to the floor, then stand back up. Count how many controlled reps you can complete in one minute. If you can do more than 25 reps per minute, your lower body and cardio are looking good.

These two tests give you a quick snapshot of your core endurance, lower body strength and muscular stamina. Perform them regularly and use your progress to monitor your fitness over time. If you have questions, talk to your doctor.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.