FITNESS INSTITUTE of TEXAS
THE UNIVERSITY OF TEXAS AT AUSTIN

The University of Texas at Austin
Kinesiology and Health Education
College of Education

Name:	GET FIT	Date:	10/21/2026	DOB:	10/9/2001
Demographics					
Age (yr)	25		Sex		Male
Height (in)	67.5		Weight (lb)		158.0
Body Mass Index (BMI)	24.4		BMI Classification:		Healthy

Single Leg Stance								
Eyes Open (sec)	Right	45	Rank	Average	Left	45	Rank	Average
Eyes Closed (sec)	Right	14	Rank	Above Average	Left	12	Rank	Above Average

Dynamic Balance: Y-Balance Lower Quarter				
Direction (Right Leg)	**Trial 1**	**Trial 2**	**Trial 3**	**Best**
Anterior	57	60	56	60
Posteromedial	111	106	113	113
Posterolateral	108	110	110	110
Direction (Left Leg)	**Trial 1**	**Trial 2**	**Trial 3**	**Best**
Anterior	60	60	62	62
Posteromedial	110	108	111	111
Posterolateral	112	111	111	112
Right Limb Length	91	Composite score Right	103.7	Above Average
Left Limb Length	91	Composite score Left	104.4	Above Average

Dynamic Balance: Y-Balance Upper Quarter				
Direction (Right Arm)	**Trial 1**	**Trial 2**	**Trial 3**	**Best**
Medial	80	76	78	80
Inferolateral	83	84	80	84
Superolateral	68	72	72	72
Direction (Left Arm)	**Trial 1**	**Trial 2**	**Trial 3**	**Best**
Medial	89	89	90	90
Inferolateral	75	77	75	77
Superolateral	67	66	68	68
Right Limb Length	93	Composite score Right	84.6	Below Average
Left Limb Length	93	Composite score Left	84.2	Below Average

How to Improve Your Static Balance - Single Leg Stance

Static balance can improve with regular practice and targeted strengthening exercises. Practice standing on one leg for 10–30 seconds, repeating 3 times on each leg. Strengthen your hip and ankle muscles with exercises such as side leg raises and calf raises. As your balance improves, gradually increase standing time and introduce challenges such as gentle head movements or controlled reaching. Aim to practice balance exercises 3–5 times per week, focusing on good technique and control. Remember, consistency is key to improving your balance and stability in everyday activities of daily living!

How to Improve Your Dynamic Balance - Y-Balance

If your lower-body Y-Balance scores are lower, focus on single-leg strength, hip and ankle stability, and controlled multidirectional reaching. **If your upper-body Y-Balance scores are lower**, focus on shoulder stability, core strength and controlled weight-bearing exercises such as planks, shoulder taps and quadruped reaches. Aim to practise 3–5 times per week, focusing on controlled movements, good technique, and addressing any differences between sides. Remember, consistency is key to improving your coordination, stability and balance during everyday activities of daily living.

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Static Muscular Endurance			
Assessment	**Trial 1 (repetitions)**	**Best**	**Rating**
1-min Push-up	48	48	**Above Average**

Dynamic Muscular Endurance			
Assessment	**Trial 1 (seconds)**	**Best**	**Rating**
Straight Arm Deadhang	97	97	**Above Average**
Wall Sit	120	120	**Above Average**
Plank	196	196	**Above Average**

How to Improve Your Muscular Endurance – 1-Minute Push-Up
Muscular endurance in the upper body can improve through exercises that challenge your ability to perform repeated pushing movements. Practice exercises such as push-ups, knee push-ups, chest presses, and tricep exercises. Gradually increase the number of repetitions you can perform while maintaining good technique and control. Aim for 2–3 sets of each exercise, allowing adequate recovery between sets. Consistent training can improve your upper-body endurance and ability to perform repeated movements during everyday activities!

How to Improve Your Muscular Endurance – Straight Arm Dead-Hang
Grip and upper-body endurance can improve through exercises that challenge your ability to support your body weight for longer periods. Practice exercises such as straight-arm dead-hangs, assisted hangs, farmer's carries and grip squeezes. Gradually increase the amount of time you can hold each exercise while maintaining good shoulder positioning and control. Aim for 2–3 sets of each exercise, allowing adequate recovery between sets. Consistent training can improve your grip strength, shoulder endurance and ability to maintain upper-body positions during everyday activities of daily living.

How to Improve Your Muscular Endurance – Wall Sit
Lower-body muscular endurance can improve through exercises that challenge your ability to maintain and repeat lower-body positions. Practice exercises such as wall sits, bodyweight squats, lunges and step-ups. Gradually increase the amount of time you can hold a wall sit or the number of repetitions you can perform while maintaining good technique. Aim for 2–3 sets of each exercise, allowing adequate recovery between sets. Consistent training can improve your quadriceps endurance and ability to maintain lower-body positions during everyday activities.

How to Improve Your Muscular Endurance – Plank
Core muscular endurance can improve through exercises that challenge your ability to maintain stability for longer periods. Practise exercises such as forearm planks, side planks, bird dogs, dead bugs and shoulder taps. Gradually increase the amount of time you can hold each exercise while maintaining good body alignment and control. Aim for 2–3 sets of each exercise, allowing adequate recovery between sets. Consistent training can improve your core endurance, postural stability and ability to maintain control during everyday activities.

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Muscular Power

Assessment	Reach	Trial 1 (in)	Trial 2 (in)	Trial 3 (in)	Best (in)	Peak Power (W)	Peak Power (W/Kg)	Rating
Counter-Movement Vertical Jump	89.00	110.50	113.00	111.75	24.00	4891.83	68.26	**Excellent**
Sit to Stand (reps)		25.00	29.00	30.00	30.00	540.69	7.54	**Above Average**

Muscular Strength

Assessment	Weight	10RM	1RM	Relative Strength	Rating
Bench Press	180	180	240	1.52	**95th Percentile**

Working Set	1	2	3	4
	135	150	165	180

Assessment	Weight	10RM	1RM	Relative Strength	Rating
Leg Press	495	495	660	4.18	**90th Percentile**

Working Set	1	2	3	4
	315	405	450	495

Grip Strength	Trial 1	Trial 2	Trial 3	Best	Rating
Dominant	135	136	132	136	**Above Average**
Grip Strength	Trial 1	Trial 2	Trial 3	Best	**Rating**
Non-Dominant	133	128	137	137	**Above Average**

How to Improve Your Muscular Power

Muscular power can improve through explosive movements that combine strength and speed. Practice exercises such as sit-to-stands, squat jumps, vertical jumps and step-ups. Focus on moving quickly during the lifting or jumping phase while maintaining good technique and control. Gradually increase the intensity as your power improves. Aim to practise 2–3 times per week, allowing adequate recovery between sessions. Consistency and progressive training are key to improving your ability to produce force quickly in everyday activities of daily living and sport!

How to Improve Your Muscular Strength

Muscular strength can improve through regular resistance training targeting the upper and lower body. Practice exercises such as leg presses, squats, lunges, bench presses, shoulder presses, chest presses and seated rows. Aim to train at approximately **60–70% of your estimated 1-RM**, completing 2–3 sets of 8–12 repetitions. Gradually increase resistance as your strength improves, while maintaining good technique and control. Aim for at least 2 strength sessions per week, allowing adequate recovery between sessions. Consistent strength training and progressive overload can improve your ability to produce force and perform everyday activities of daily living.