



DIABLO FITNESS TEST

The Diablo Fitness Test is a practical six-event assessment designed to measure the physical qualities that support lifelong health, athletic performance and independence. It evaluates mobility, balance, strength, grip stamina, pulling capacity and cardiovascular fitness.

Each test is worth up to 100 points, producing a total Diablo Fitness Score out of 600. Members receive an emailed scorecard showing their actual results, individual event scores, overall percentage and age-adjusted results.

The purpose is simple: make fitness measurable, observable and repeatable, establish a clear baseline and demonstrate improvement over time.

FITNESS COMPONENTS ASSESSED

- Functional mobility and balance
- Total-body strength
- Pressing and pulling strength
- Grip strength and stamina
- Cardiovascular endurance
- Power and total work capacity

COMPLETING THE TESTS

The six tests do not need to be completed in one session. They may be spread out over several hours, days or weeks, allowing each test to be performed safely and with appropriate recovery.

However, results should be submitted only after all six tests have been completed. Partial results should not be submitted.

The Diablo Fitness Test is also included in the Basic Start Up private coaching sessions completed by every new Diablo member. These sessions establish proper technique, introduce the member to Diablo's training methods and create an objective starting point for measuring progress.

A six-week retest is required as part of the final Basic Start Up session. This gives each new member an early opportunity to see measurable improvements in strength, mobility, stamina and conditioning.



THE SIX TESTS

1. Sitting-to-Rising Test

Measures: Functional mobility, balance and independence

Begin seated on the floor and rise to a fully standing position using as little assistance as possible.

Scoring:

- No hand assists: 100 points
- Deduct 10 points for each hand assist
- Minimum score: 0 points

2. Deadlift Three-Rep Maximum

Measures: Hinge strength and total-body strength

Establish the heaviest load that can be deadlifted for three consecutive repetitions while maintaining proper technique.

100-point standards:

- Men: 400 lb
- Women: 285 lb

Scores are calculated proportionally against the applicable standard and capped at 100 points.

3. Seated Dumbbell Press Three-Rep Maximum

Measures: Pressing strength

Establish the heaviest pair of dumbbells that can be pressed overhead for three consecutive repetitions while seated. Record the weight of each dumbbell—not the combined weight.

100-point standards:

- Men: 50 lb per dumbbell
- Women: 35 lb per dumbbell

Scores are calculated proportionally and capped at 100 points.



4. Bar Hang

Measures: Grip strength and stamina

Hang from a pull-up bar with both hands and the arms fully extended. Record the total time until the grip releases.

100-point standard:

- Men and women: 90 seconds

Scores are calculated proportionally, with 90 seconds or longer earning 100 points.

5. Pull-Up Test

Measures: Upper-body pulling strength and strength relative to bodyweight

Complete the maximum number of strict pull-ups. Each repetition begins with the arms fully extended and finishes with the chin clearly above the bar. Band-assisted options are available for athletes who have not yet developed a strict pull-up.

Men's standard:

- 10 or more strict pull-ups: 100 points
- Each strict pull-up: 10 points

Women's standard:

- 6 or more strict pull-ups: 100 points
- Strict pull-up scores are calculated proportionally toward the six-repetition standard

Assisted pull-ups receive partial credit according to the assistance level used.

6. 500-Meter Row

Measures: Cardiovascular endurance, power and overall work capacity

Row 500 meters on a Concept2 rower as quickly as possible. Record the finishing time shown on the monitor.

100-point standards:

- Men: 1:30 or faster
- Women: 1:45 or faster

Scores are calculated by comparing the athlete's finishing time with the applicable standard and are capped at 100 points.



SCORING

Each event is worth a maximum of 100 points:

<u>Test</u>	<u>Maximum Points</u>
Sitting-to-Rising	100
Deadlift 3RM	100
Seated Dumbbell Press 3RM	100
Bar Hang	100
Pull-Ups	100
500-Meter Row	100
Total	600

The overall percentage is calculated by dividing the total points earned by 600.

The athlete's actual results—weight, repetitions, seconds, assistance level and rowing time—are retained along with the fitness score. This allows members to continue documenting progress even after reaching the 100-point standard in an event.

WHY WE TEST

Exercise is an activity. Fitness is the result.

The Diablo Fitness Test gives every member a clear starting point, identifies strengths and opportunities for improvement, and provides an objective way to measure the results of training.

One test provides a snapshot. Retesting tells the story.