

CLUB100

FITNESS ASSESSMENT REPORT

Live Strong. Age Better. Together.

NAME
Sample

AGE RANGE
31-40

GENDER
Female

ASSESSMENT DATE
09-Sep-2026

ASSESSMENT
Baseline

YOUR CLUB100 FITNESS SCORE

58.0 / 100
Building

What your score means

You have a developing fitness foundation, with several opportunities for improvement.

YOUR FITNESS PROFILE

Fitness Area	Score	Band
Body Composition	61.4	Building
Cardiovascular Health	54.5	Needs Improvement
Strength & Endurance	58.4	Building
Mobility & Balance	62.0	Building
Well-being & Readiness	51.4	Needs Improvement

YOUR TOP 3 FOCUS AREAS

1

Heart-Rate Recovery

Develop aerobic conditioning and recovery capacity through progressive cardiovascular training.

Club100 focus: **Pulse**

2

Flexibility

Improve lower-body flexibility and comfortable range of motion through regular mobility work.

Club100 focus: **Flow**

3

Waist Management

Focus on improving waist-related body composition through regular movement, strength work and cardiovascular activity.

Club100 focus: **Power + Pulse**

YOUR STRENGTHS

Strong balance and stability

Healthy body-weight balance

Strong lower-body functional strength

Your assessment is the starting point.

Club100 combines Power • Flow • Pulse • Play to help you build well-rounded, sustainable fitness.

Recommended reassessment: 6–8 weeks

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UNDERSTANDING YOUR FITNESS

Your results across the five areas that contribute to your Club100 Fitness Score.

BODY COMPOSITION

61.4 / 100
Building

Your body composition provides a reasonable foundation, but some markers would benefit from improvement.

[Key focus: Waist Management](#)

Assessment	Your Result	Score	Status
BMI	23.4 kg/m²	96.0	Excellent
Waist	100 cm	34.3	Needs Attention
Body Fat Ratio	33 %	60.0	Building
Visceral Fat	10 Index	80.0	Good

CARDIOVASCULAR HEALTH

54.5 / 100
Needs Improvement

Your cardiovascular conditioning would benefit from focused and consistent improvement.

[Key focus: Heart-Rate Recovery](#)

Assessment	Your Result	Score	Status
Blood Pressure	130/85 mmHg	75.0	Good
Resting Heart Rate	80 bpm	80.0	Good
Recovery Heart Rate	110 bpm	40.0	Needs Improvement
Heart Rate Recovery	10 bpm	16.0	Needs Attention

STRENGTH & ENDURANCE

58.4 / 100
Building

Your strength and muscular endurance are developing, with specific areas that can be improved.

[Key focus: Exercise Recovery](#)

Assessment	Your Result	Score	Status
Chair Stand	10 reps	85.7	Excellent
Wall Sit	25 secs	60.0	Building
Push-ups	5 reps	48.0	Needs Improvement
Plank Hold	20 secs	40.0	Needs Improvement

MOBILITY & BALANCE

62.0 / 100
Building

Your mobility and balance provide a reasonable foundation, with some limitations that can be improved.

[Key focus: Flexibility](#)

Assessment	Your Result	Score	Status
Sit & Reach	-10 cm	26.7	Needs Attention
Shoulder Flexibility	R: -5 / L: 0 cm	61.3	Building
Deep Squat	3 0-5	60.0	Building
Single-Leg Balance	L: 60 / R: 60 secs	100.0	Excellent

WELL-BEING & READINESS

51.4 / 100
Needs Improvement

Several well-being or recovery factors may be limiting your fitness and would benefit from focused improvement.

[Key focus: Well-Being & Readiness](#)

Assessment	Your Result	Score	Status
Self-Assessment	51.42857143 score	51.4	Needs Improvement

Scores are designed to support practical fitness planning and progress tracking. They are not medical diagnoses.

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YOUR CLUB100 PLAN

Turning your assessment into focused, sustainable action.

YOUR TOP 3 PRIORITIES

1

Heart-Rate Recovery

Develop aerobic conditioning and recovery capacity through progressive cardiovascular training.

2

Flexibility

Improve lower-body flexibility and comfortable range of motion through regular mobility work.

3

Waist Management

Focus on improving waist-related body composition through regular movement, strength work and cardiovascular activity.

Pulse

Flow

Power + Pulse

HOW CLUB100 WILL HELP ?

POWER

Strength, muscular endurance & functional capacity

FLOW

Mobility, flexibility, balance & movement quality

PULSE

Cardiovascular fitness, stamina & recovery

PLAY

Agility, coordination & fitness through games

BUILD ON YOUR STRENGTHS

Strong balance and stability

Healthy body-weight balance

Strong lower-body functional strength

Your stronger areas provide a foundation to build on while Club100 places additional emphasis on your priority areas.

TRACK YOUR PROGRESS

Baseline assessment: Reassess in 6–8 weeks after consistent participation to see how your overall fitness and individual fitness areas are changing.

ABOUT THIS ASSESSMENT

The Club100 Fitness Assessment is designed to provide a practical snapshot of fitness and functional capacity and to track progress over time. It is not a medical diagnosis or substitute for professional medical advice. If you have a medical condition, injury, unusual symptoms or concerns about any health measurement, consult an appropriate healthcare professional before starting or changing your exercise program.

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