



Exercise Readiness for Men 50 Plus

Perform all the tests BEFORE you start an exercise program.

Check with your doctor to confirm you are ready to start exercising.

If you have any pain or limitation of movement during the performance of any of these movements, you should have the area assessed by a health care professional before starting an exercise program.

Exercise Readiness for Men 50 Plus Part 1

1. PAR-Q (Physical Activity Readiness Questionnaire)
 - a. [Readiness Form](#)
 - b. [Health Screening Tool](#) (if you have 1 or more medical conditions)
2. Posture
 - a. From the Front or Rear
 - i. Head tilted
 - ii. Shoulders Uneven
 - iii. Hips Uneven
 - iv. Ankles Collapsed Inward
 - b. From the Side
 - i. Head Forward
 - ii. Shoulders Rounded
 - iii. Hips (Pelvis) tilted
 - iv. Knees hyperextended or slightly flexed
3. Neck Flexion
 - a. Unable to touch chin to chest
4. Neck Extension
 - a. Unable to fully extend so your forward to your chin is basically parallel to the ground
5. Neck Rotation
 - a. Unable to get your chin to your shoulder
6. Shoulder External Rotation
 - a. Unable to touch the top of your same side shoulder blade
7. Shoulder Internal Rotation
 - a. Unable to touch the bottom of the opposite side shoulder blade
8. Shoulder Flexion
 - a. Unable to get your arms perfectly straight up
9. Elbow Flexion/Extension
 - a. Unable to fully flex (touch your fingers to your shoulder)
 - b. Unable to fully extend OR extend too far (hyperextend or a curve backwards)
10. Wrist Mobility
 - a. Pain in any of the directions as shown on the video
 - b. Inability to move in any of the directions as shown on the video

Exercise Readiness for Men 50 Plus Part 2

1. Torso Extension
 - a. Unable to get your hips forward of your toes
2. Torso Flexion
 - a. Unable to touch your toes. How many inches away are you?
3. Torso Rotation
 - a. Unable to rotate your shoulders at least 45 degrees
4. **Hip Internal Rotation**
 - a. **THIS IS A BIG ONE!!!!** Most men over 50 have poor internal hip rotation. If you have less than 10 degrees of motion, this is a BIG problem and must be assessed to find out why!
5. Hip External Rotation
 - a. Less than 40 degrees is a problem.
6. Knee Flexion Extension
 - a. Can you touch your heel to your buttocks when standing (you may use your hand to pull your heel to your buttocks)? How far off are you?
7. Ankle Dorsiflexion
 - a. Unable to get the knee forward of the toes.
8. 1 Leg Balance
 - a. Inability to balance without moving for under 10 seconds is a big problem.
9. Squat
 - a. Knees buckle inwards
 - b. Ankles buckle inwards
 - c. Torso bends forward (collapses onto the thighs)
10. Pull-Up bar Hang (15 seconds)
 - a. If you can't hold on for 15 seconds, whether it is due to a weak grip or shoulder pain, this is a problem.
11. [Sit Down and Stand Up](#)
 - a. If you can't get close, this is a problem.
12. [If You Have Stairs Available to You](#): Stair climb: 12'/flight (12 meters total – approx. 4 flights of stairs)