

TESTING & EVALUATION

In order for each athlete, no matter the age, to receive the best training possible for their sport, individual abilities are assessed using a battery of tests. This helps the Fitness Professional to appropriately prescribe exercises based on individual capabilities and sport-specific needs. Most tests cannot be used for all athletes, however, the general format is as follows:

- [Body Composition](#) and Nutritional Assessment
- Flexibility
- Power
- Strength
- Agility
- Speed
- Endurance

It is always nice to know how much an athlete has improved no matter what their sport. This is also helpful to coaches who can better direct their athletes and focus on drills that will further assist the athlete in becoming even better. That is why we at Reed's Personal Fitness are committed to not only helping athletes, but also coaches and parents by providing them with this necessary information that will help motivate the athlete in sport. Our focus is to not foster extraordinary claims or questionable tactics, but to produce exceptional athletes by using the safest, realistic, and most sensible training methods available.