Wellcore Solutions
Personal coaching
hello@wellcoresolutions.net

Fitness Assessment Report

Assessment results and recommendations

Date: 17 Nov 2026

Report no. WC-261117-74

CLIENT	AGE / SEX	HEIGHT / WEIGHT	MOBILE
Well Core	**37 years · Male**	**179 cm · 90 kg**	**055555555**

GOAL	ASSESSED BY
building muscles	**Well Core**

Overall score



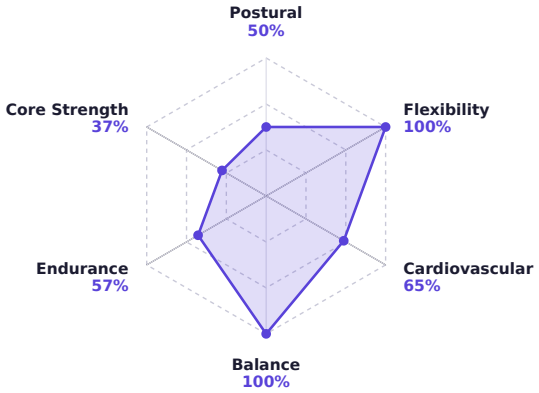
Developing

Average of the 6 assessed categories.

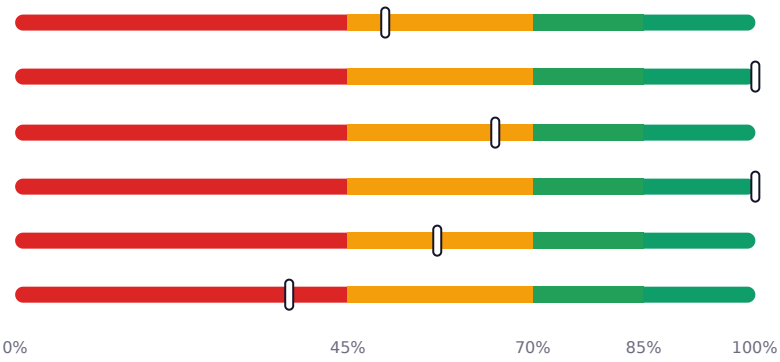
Strongest Flexibility · 100%

Priority to improve Core Strength · 37%

Fitness profile



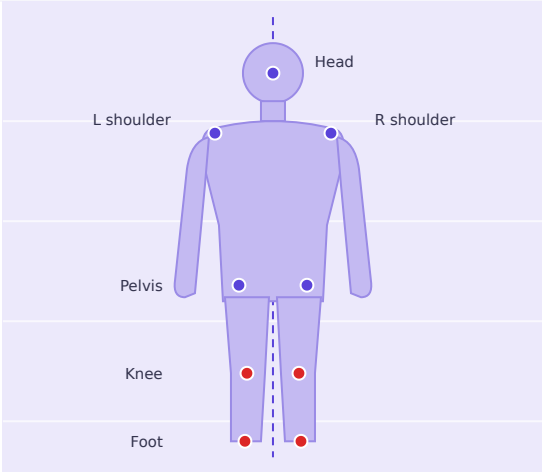
Results by category



Postural	**50%**	Average
Flexibility	**100%**	Excellent
Cardiovascular	**65%**	Average
Balance	**100%**	Excellent
Endurance	**57%**	Average
Core Strength	**37%**	Poor

Posture analysis

Anterior view (front)



- Knee: Varus
- Flat feet

Illustrative figure – replaced by the client photo

Side view (lateral)



- Forward head: Bad

Illustrative figure – replaced by the client photo

Postural

50% Average

TEST	RESULT	NORMAL / TARGET	RATING
Kyphosis	Normal Posture	Normal Posture	Good
Forward head	Bad	Normal	Poor
Pelvic tilt	Normal	Normal	Good
Hip	Balanced	Balanced	Good
Knee	Varus	Normal	Poor
Foot	Flat foot	Normal	Poor

What it means: 3 of 6 checks are normal. Forward head: Bad, Knee: Varus and Flat feet suggest corrective work.

How to read the scores

Poor
Below 45% · focus area

Average
45–69% · developing

Good
70–84% · solid

Excellent
85–100% · excellent

Detailed results (1/2)

Flexibility

100% Excellent

TEST	RESULT	NORMAL / TARGET	RATING
Thomas test (right)	Negative (normal)	Negative	Good
Thomas test (left)	Negative (normal)	Negative	Good
Passive straight leg (right)	94°	≥ 80°	Good
Passive straight leg (left)	92°	≥ 80°	Good
Shoulder flexion (right)	171°	150–180°	Good
Shoulder flexion (left)	180°	150–180°	Good
Shoulder extension (right)	56°	45–60°	Good
Shoulder extension (left)	56°	45–60°	Good
Shoulder reflection (right)	Good	Good	Good
Shoulder reflection (left)	Good	Good	Good

What it means: Flexibility is solid. Maintain it with regular mobility work.

Cardiovascular

65% Average

TEST	RESULT	NORMAL / TARGET	RATING
3-minute step test – heart rate after	94 bpm	< 100 bpm	Average

What it means: Average cardiovascular response. Regular cardio will lift this steadily.

Detailed results (2/2)

Balance

100% Excellent

TEST	RESULT	NORMAL / TARGET	RATING
Stork stand (left leg)	105 s	≥ 30 s	Good
Stork stand (right leg)	102 s	≥ 30 s	Good

What it means: Balance is solid. Progress with unstable surfaces or eyes-closed holds.

Endurance

57% Average

TEST	RESULT	NORMAL / TARGET	RATING
Push-up	27 reps · 00:00:07	≥ 20 reps	Good
Curl-up	20 reps · 00:00:05	≥ 25 reps	Average
Squat	30 reps · 00:00:06	≥ 25 reps	Good

What it means: Muscular endurance is developing. Keep adding reps and sets gradually.

Core Strength

37% Poor

TEST	RESULT	NORMAL / TARGET	RATING
Plank hold	22 s	≥ 60 s	Poor

What it means: Core stability reduces injury risk and improves performance. Start with short, repeated planks.

Recommended focus areas

1. **Strengthen the core**
   Planks 3 × 15–20 s, then extend the hold. Add bird-dog for stability.

2. **Improve mobility and posture**
   Daily hamstring and shoulder mobility, plus corrective work for hip and foot alignment.

3. **Build muscular endurance**
   2–3 sessions a week: incline push-ups, bodyweight squats and curl-ups, adding reps gradually.

4. **Improve cardiovascular fitness**
   3–4 sessions a week of easy-to-moderate cardio (brisk walking, cycling), building duration first.

Next steps

RETEST	SUGGESTED FREQUENCY	PROGRAM
In 6 weeks	**3–4 sessions / week**	**Strength + mobility base**

Targets for the next assessment

CATEGORY	TODAY	TARGET	GOAL RATING
Postural	50%	65%+	Average
Flexibility	100%	100%+	Excellent
Cardiovascular	65%	80%+	Good
Balance	100%	100%+	Excellent
Endurance	57%	72%+	Good
Core Strength	37%	52%+	Average

Coach notes

This report is a fitness screening to guide coaching decisions. It is not a medical diagnosis. Clients with pain, injury or health conditions should consult a qualified healthcare professional before starting or changing an exercise program.