



Odin's test is based off the Presidential Physical Fitness Test, which is in turn based off the basic physical tests used by the US military. This test is best completed with a partner but may be done alone.

Using the timer on your phone or a stopwatch complete the exercises at right in order with a 90 second break in between (perfect time to switch).

Focus on form - one perfect push-up is better than 10 crap ones and there is no such thing as a "girl" push-up.

Don't worry about the numbers - remember, we are measuring the future you against the today you. Even a single repetition gives us a baseline to measure progress from.

Complete Odin's Test every four weeks to measure progress. Depending on your fitness level you may see 200-400% improvement in eight weeks.

1 MINUTE PUSH UPS:

1 MINUTE CRUNCHES:

1 MILE RUN:

MINUTES

MAX PULL-UPS:

