

BENCHMARK GUIDE Track your progress to monitor improvements in fitness and strength

Do you know your own strength? You should. That's why we've created the Gold's Gym Benchmark Guide—it's designed to help you gauge your current fitness level and track your progress. Print this out, take it to your local Gold's Gym, and see where you stand. And then, after 30 days of working your tail off, see how far you've progressed.

Benchmark	Date:	Date:	Date:	Date:	Date:	Date:
Push-ups						
Pull-ups (women: flexed-arm hang)						
Sit-ups						
Jump rope (duration)						
Leg press (reps of body weight)						
Bench strength (men: reps of body weight; women: reps of 1/2 body weight)						
Timed mile (on your choice of cardio machine)						