

YOUR STARTING FITNESS LEVEL

Supplement to the:

SPRINT 8[®]
CHALLENGE

Selecting Your Starting Fitness Level

Fitness Plan	Level One	Level Two	Level Three	Level Four	Level Five
Current Fitness Status	Inactive, just starting	Healthy, moderate fitness status	Fit	Very fit	Superb fitness status
Training Experience	Newcomer	Exercising some, but without intensity	Exercising regularly	Experienced	Advanced athlete
Age	Over 60 Under 14	30-70	18-50	18-40	18-30

Source: Ready, Set, GO! Synergy Fitness; 2004; Campbell



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