

“You can’t be the CHAMP unless you BEAT the Champ!”

– Mohamed Ali

EMPOWERED ASSESSMENT CHALLENGE

This assessment will highlight the weaknesses in your performance fitness and give you a chance to compare your score against one of the fittest athletes on the planet.

The Challenge Assessment is inspired by Georges St. Pierre and if you think you got game, then think again, because this guy is FIT and is top of the food chain when it comes to performance conditioning... and killer capabilities.

Date (dd/mm/yyyy)	Air Squats	Push Ups	Sit Ups	Burpees
GSP Score	75	57	55	22
<i>Patrick's first try</i>	61	47	37	19

An assessment is used to determine your currently level of conditioning, fitness, strength and endurance. It is used to find out if your training program is effective. The Assessment will also give you a current baseline to measure your peak performance after completing one of our Empowered Training Systems or recommended programs from some of the world’s best.

Test yourself every 30 days to see just how fit you are and track your progress.

HOW TO TAKE THE ASSESSMENT

Find a space that will allow you ample room to stand, squat, sit, lie down and bounce around. Make sure it is clear from anything that could impale or hurt you... or give you reason to quit.

I recommend you set up a video camera to catch your results, because you are going to want to share this with your friends when you are done. Find a clock or a timer that will allow you to set up 60 seconds followed by 20 seconds rest and repeat that 4 times. I used my [Gym Boss](#) App on my iPhone.

Perform as many reps of each exercise in 60 seconds and prepare for the next exercise during the 20 second rest interval.



Test yourself once a month and record it on this page. Send a video link of your assessment results to: info@empowerednutrition.com

Patrick McGuire

