

Centenarian Decathlon Exercise Results

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Early Medical

Your Centenarian Decathlon Exercise Results

YOUR GOALS

- Play with your grandchildren sitting on the floor
- Stand up from the floor
- Step down from a curb
- Stand up from a chair without using your arms
- Navigate a train station or airport
- Walk down stairs carrying a fifteen pound object (e.g. your dog or groceries)
- Jump rope for 60 seconds
- 1 bodyweight pull-up
- 5 bodyweight push-ups
- Balance on 1 leg for 30 seconds

YOUR MOVEMENT PREREQUISITES

- Ankle mobility
- Change of direction
- Eccentric quadricep strength
- Fatigue resistance
- Frontal plane stability
- Hip extension strength
- Intrinsic foot strength
- Knee flexion mobility
- Lower leg reactivity
- Manual dexterity
- Multi-directional power production
- Power grip
- Single leg strength
- Upper body power
- Wrist mobility
- Ankle propulsive strength
- Eccentric hip loading
- Eye-hand coordination
- Finger strength
- Grip endurance
- Hip flexion strength
- Knee extension strength
- Lower body power
- Lower leg variability
- Midline variability
- Overhead reach
- Scapular control
- Toe mobility/strength
- Upper body strength

YOUR MATCHING STRENGTH & MOBILITY ASSESSMENTS

- Bottoms Up Carry
- Step Up
- Farmer's Carry
- Catch
- Countermovement Jump
- Isometric Squat
- Squat Jump
- Eye's Closed Balance
- Eccentric Step Down
- Get Up
- Pogos
- Wall Push Up
- Agility
- Dead Hang