

Centenarian Decathlon Exercise Results

MARCH 10, 2025

Early Medical

Your Centenarian Decathlon Exercise Results

YOUR GOALS

- Bathe and use the toilet
- Have sex without pain or restriction
- Perform household chores
- Dance with your partner
- Get out of bed
- Groom yourself
- 5 bodyweight push-ups
- Balance on 1 leg for 30 seconds
- Deadlift 150 pounds
- Squat 100 pounds

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

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