

# Centenarian Decathlon Exercise Results

MARCH 12, 2025

# Early Medical

## Your Centenarian Decathlon Exercise Results

### YOUR GOALS

- Play with your grandchildren sitting on the floor
- Stand up from the floor
- Lift a small child from the floor
- Lift a baby from a crib
- Step down from a curb
- Stand up from a chair without using your arms
- Carry shopping bags
- Stow your luggage in an overhead bin
- Navigate a train station or airport
- Walk down stairs carrying a fifteen pound object (e.g. your dog or groceries)

### 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

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