

Centenarian Decathlon Exercise Results

MARCH 12, 2025

Early Medical

Your Centenarian Decathlon Exercise Results

YOUR GOALS

- Squat to pick things up from the floor
- Groom yourself
- Don your underwear or socks or pants without having to sit
- Climb two flights of stairs carrying a fifteen pound object
- Attend a concert or festival
- Jump rope for 60 seconds
- 1 bodyweight pull-up
- 5 bodyweight push-ups
- Balance on 1 leg for 30 seconds
- Deadlift 150 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

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