

Centenarian Decathlon Exercise Results

MARCH 12, 2025

Early Medical

Your Centenarian Decathlon Exercise Results

YOUR GOALS

- Swim 500 meters nonstop
- Run a 5K in 45 minutes
- Row a 10K in 60 minutes
- Play tennis or pickleball
- Play golf
- Ski
- Trail hike for 60 minutes
- Bike on the road for at least 30 minutes
- Walk 3 miles in 1 hour
- Goblet squat 30 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

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