

ASSESS LIKE AN **OPEX** **COACH**

*Level Up Your Fitness
Assessment Skills Today!*



OPEX

The Importance of Assessment

In the fitness industry, coaches commonly struggle to understand how to assess their clients. That's why OPEX Fitness developed a smart assessment approach to ensure coaches understand their clients' essential data and can translate that data into a quality fitness program design.

Coaches should conduct an assessment for two main reasons.

- 1** Firstly, it gives coaches a starting point for working with a client, showing them what areas to prioritize and what is within their current capabilities.
- 2** Secondly, it gives coaches data points to track results. Clients expect results, and coaches and clients feel empowered as they monitor progress in their body composition (where appropriate), movement abilities, and work capacity.

In this download, you will learn the basics of The OPEX Assessment model and how to transition from the assessment to designing an individualized exercise program. This approach has helped more than 10,000 coaches worldwide and is part of our 6-month flagship coaching education course, [The OPEX Coaching Certificate Program \(CCP\)](#). Take the first step to becoming a more effective coach by reading on.

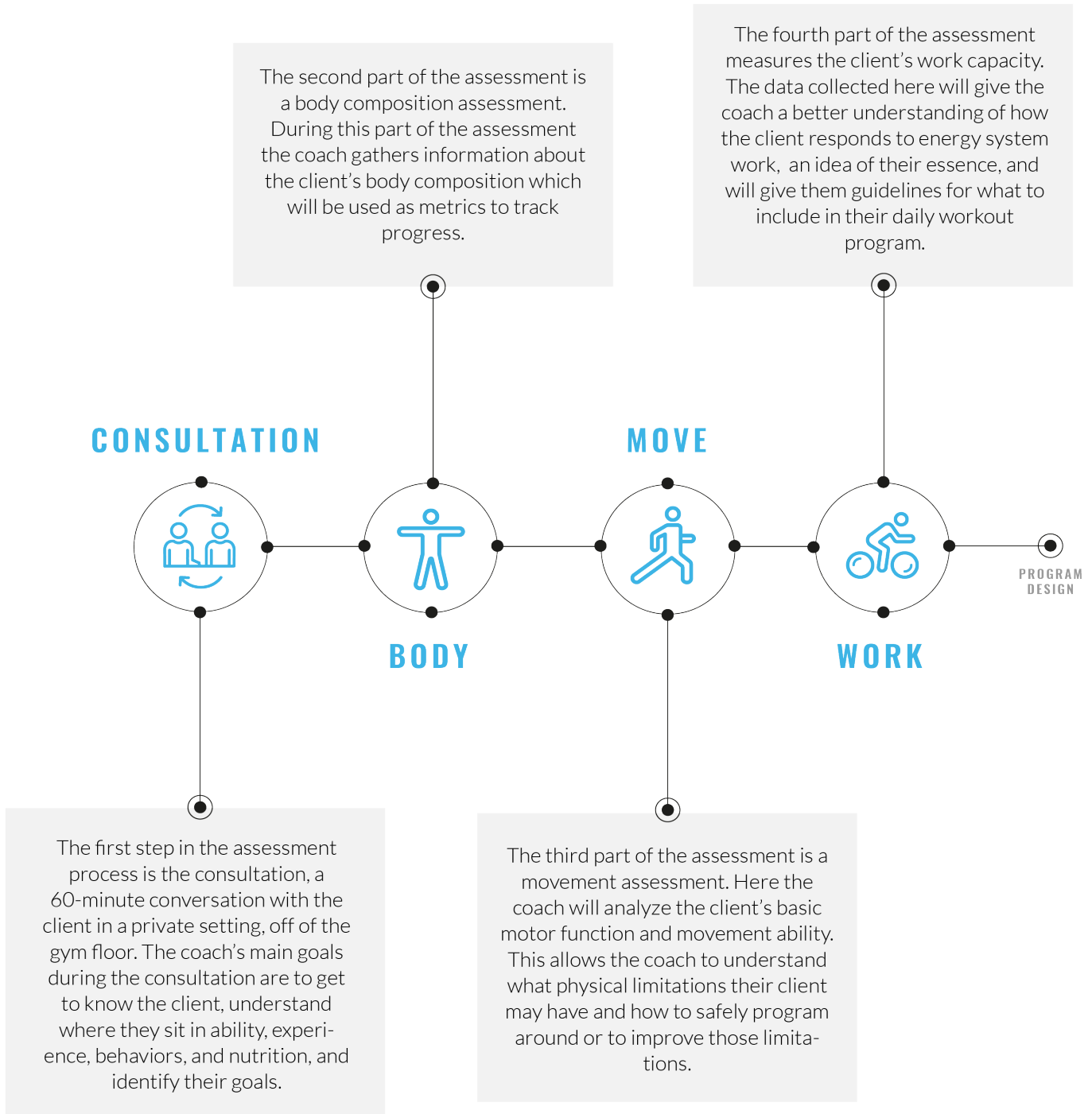
THE OPEX ASSESSMENT

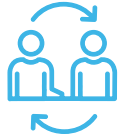
The OPEX Assessment is a systematic approach to gathering information directly from the client.

This comprehensive client assessment begins with an initial client consultation—a quality conversation—and proceeds to body composition evaluation, movement limitations, and work capacity, so that you finish with a full client “picture” of data to help you design the perfect fitness program.



THE OPEX ASSESSMENT





OPEX Assessment: The Consultation

The consultation is an opportunity for the coach to get to know the client better and figure out their values and beliefs. This is done through a 60-minute conversation with the client in a private setting, off of the gym floor. Here are four critical things coaches should focus on during the consultation.

1

Gather background information by asking questions. This includes a health history form (aka client intake form), as well as a client's fitness background. These two are equally important as they will help determine the starting point for the client's exercise program.

2

Understand current behaviors, exercise, and nutrition. It is important to understand where a client is today in order to build a plan in each specific area.

3

Set Goals. A coach needs to work with a client to set clear and attainable goals as these will be the metrics for tracking progress.

4

Reconsult. A client's goals can change monthly or not at all for years at a time. A coach needs to reconsult monthly to make sure they are on the same page as the client and working towards the same goals.



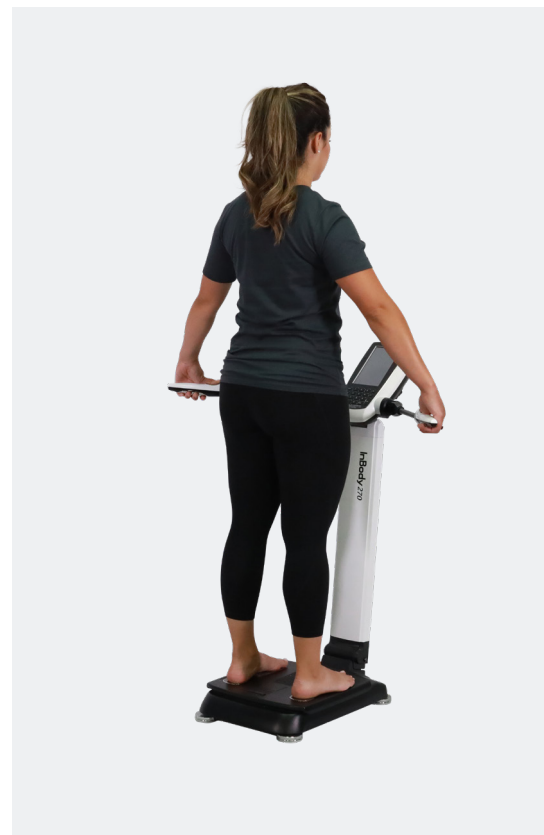
OPEX Assessment: Body

The Body assessment is an analysis of the client's height, weight, lean body, fat mass, basal metabolic rate, and other health biomarkers. This body composition knowledge allows coaches to create better training programs and easily monitor progress like losing body fat or gaining lean body mass.

OPEX Coaches conduct Body assessments using an InBody machine to get the most accurate view of body composition balance. The InBody provides a detailed analysis of the client's body composition and measures the following seven data points.

Results from the InBody Include:

- WEIGHT
- LEAN BODY MASS (LBM)
- BODY FAT MASS
- BASAL METABOLIC RATE
- INTRACELLULAR WATER
- EXTRACELLULAR WATER
- SEGMENTAL LEAN MASS ANALYSIS



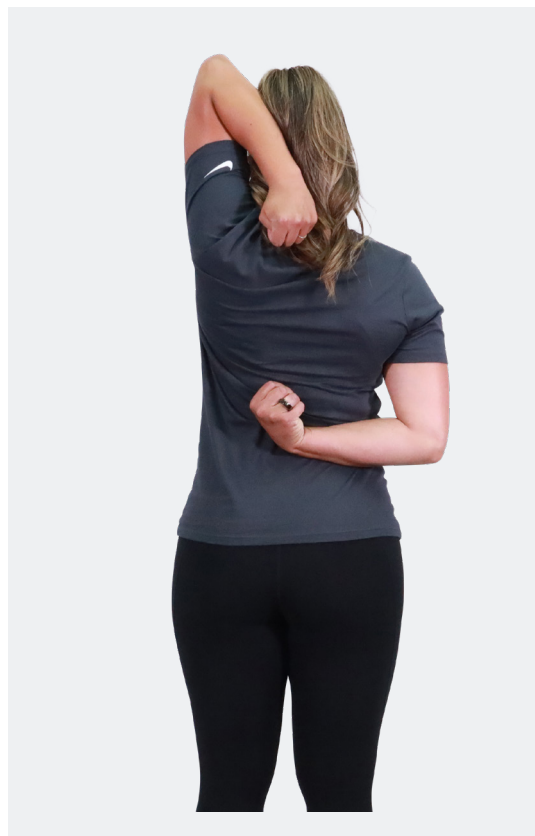
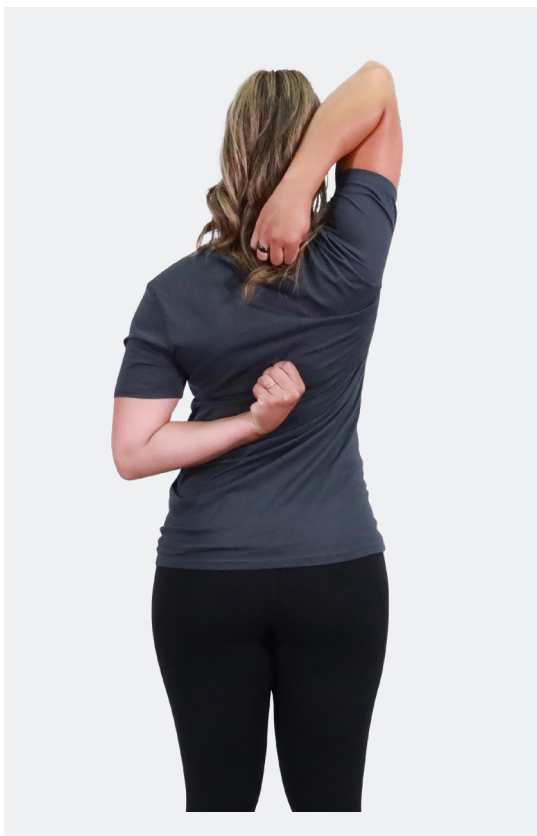


OPEX Assessment: Move

In the Move assessment, a coach will take the client through a variety of movements. The goal of this assessment is to establish what the client can and cannot do in terms of movement. This information will directly inform the coach what movements are within the client's abilities and can be included in their exercise program. Below are the eight movements included in the assessment and the standards of a pass and fail.

Move Assessments:

Scratch Test



Squat



Toe Touch



Lunge



Active Straight Leg Raise



Side Plank



Reverse Plank



Front Plank



OUTSTANDING COACHES KNOW HOW TO USE THE DATA.



The information gained during an assessment is only useful when you know what to do with it. Learn the standards for the movement assessment and how the information gathered dictates exercise selection in the **OPEX Coaching Certificate Program (CCP)**.

[LEARN MORE](#)

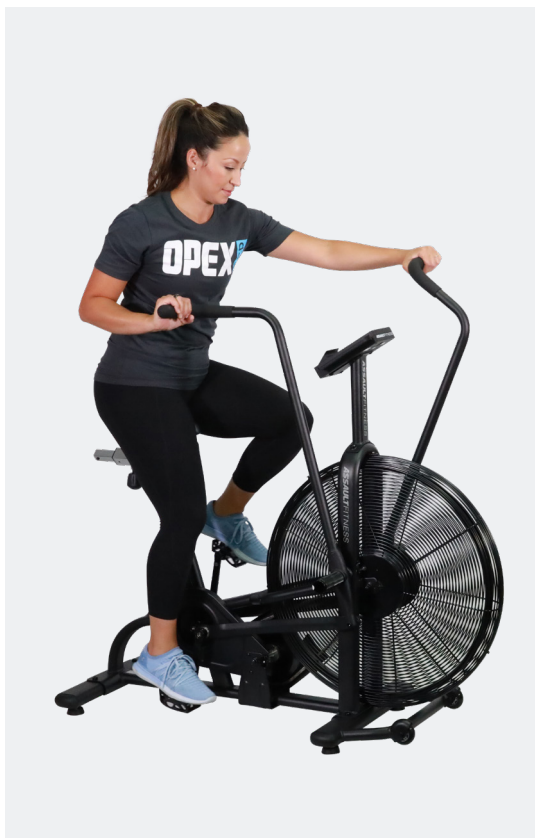


OPEX Assessment: Work

In the Work assessment a coach will test the client's work capacity. It is important to test work capacity as it gives the coach insight into what the client is capable of and what the coach should prioritize in their training program.

Specifically, the work capacity test can show whether a client is more aerobic or powerful by nature (aka their essence).

The work capacity test we use is the **10-minute AirBike for maximum calories.**



In this test a client goes at the fastest pace they can sustain for 10 minutes on the AirBike. The goal is to accumulate as many calories as possible during the 10 minutes. This assessment gives us great insights into things such as the client's ability to do work over a 10 minute time frame relative to their bodyweight, aerobic ability, ability to pace and sustain work, their response to energy system work, and insights into their essence. Learn more about how to conduct this test and what to do with the data in this [blog](#).

The data collected from the Work assessment is directly applicable to the client's program. For example, if the coach notices that the client is more powerful than they are enduring they can then prioritize building the client's endurance in their program. Or, if the coach notices that the client is more enduring than powerful they can prioritize developing strength and power through program design.

How To Take The Data From The Assessment And Transition Into Program Design

After collecting data from the initial consultation, and Body, Move, and Work assessments, it's time to design the initial training program. In our Coaching Certificate Program (CCP) we dive into the nuts and bolts of program design, covering everything you need to write an exercise program down to the reps and sets. Learn more [here](#).

Prioritize

First, the coach must define clear goals for the training program, derived from the client's goals and what the assessment has uncovered.

Plan

Second, the coach will align the client's schedule and resources with a training plan, including days in the gym, rest days, and duration of sessions.

Periodize

Finally, the coach will use periodization to define a long-term training plan for the client, to guide the progression through different phases, including accumulation, intensification, deloading, pre competition and competition for competitors, and retesting.

A Practical Application Of The OPEX Assessment Model

While a deep understanding of theory is important, fitness coaching requires a practical application. In this section, you will see the results from the assessment of a client avatar, and how those results will influence the program.



CORINA'S ASSESSMENT SUMMARY

INITIAL CONSULTATION:

- **Chronological Age:** 25 years old
- **Training Age:** 3 years of resistance training and aerobic activity, averages 3x per week in the gym.
- **Goals:** Wants to look and feel better and create consistency in lifestyle.
- **Sleep/Energy:** Corina struggles with consistent energy throughout the day, especially prior to going to the gym in the early evening. She sleeps 6-7 hours per night with a typical bedtime of 11:00pm and a wake up time of 5:00-6:00am.
- **Food Log Insights (3 day averages):**
 - **Calories:** 1500
 - **Protein:** 115g
 - **Carbohydrate:** 125g
 - **Fat:** 60g
 - **Water:** 80oz

OPEX BODY RESULTS

- **Height:** 5'6"
- **Weight:** 150lbs
- **Body fat:** 19%
- **Lean Body Mass:** 121.5lbs
- **Basal Metabolic Rate:** 1550kcal

OPEX MOVE NOTICINGS

- Corina showed an inability to reach internal rotation in her right arm. This was found in the scratch test.
- She also showed an inability to perform a side plank on her right side for the requisite amount of time. This was due to the inability to stabilize at the shoulder, a finding that confirmed issues that must be addressed on the right shoulder from the scratch test.

OPEX BODY RESULTS

- 10-Minute max calories on AirBike: **122 calories**

Transitioning From **Assessment** To **Design**

Considering all assessment results, to include the initial assessment and Body, Move and Work, there are initial things that will need to be addressed relative to behavior, exercise and nutrition:

BEHAVIOR

- Corina will be prescribed post-lunch walks to assist in blood flow outside of exercise.
- We will shift her bedtime to 10:30pm and wake up time to 5:45am.

EXERCISE

- Her program will prioritize increasing shoulder stability and internal rotation.
- Corina showed great sustainability in the Work assessment, so her initial design will bias resistance training while giving her a few aerobic pieces per week for maintenance.
- Corina will stay at 3x per week in an effort to build consistency in training and schedule.
- Corina's design includes more pulling than pushing and bias horizontal pushing over vertical pushing due to her shoulder stability concerns.

NUTRITION

- In an effort to create consistency in food timing, Corina will eat 4 meals per day.
- We will add 25g of carbohydrates per day to start to move Corina's total calories up to ensure she is well above her basal metabolic rate and other metabolic markers to account for activity, exercise, etc.

CONCLUSION

This document highlights the **OPEX Assessment**. The first step to fitness coaching.

What it doesn't teach is how to build a personalized exercise program off of the data gathered in the assessment, how to write weekly, monthly, yearly training plans, and how to manage recovery outside of the gym with holistic nourishment programs.

To be a professional coach you need education and experience. Your education must prepare you for the brutal fitness industry that changes every year.

That's where our flagship course, **The OPEX Coaching Certificate Program (CCP)**, comes into play as the gold standard for individualized fitness coaching education. CCP is developed and taught by James FitzGerald, a 25-year coaching veteran, who has educated more than 10,000 coaches worldwide.

Our education not only bridges the gap between the classroom and the gym floor, but also gives you the opportunity to develop your own coaching flair under the mentorship of James himself.

Spots fill up fast and we close registration when we fill up, so [apply now](#) to see if The OPEX Coaching Certificate Program (CCP) is right for you.

Invest in the best asset money can buy, YOU! As you up-level, you'll gain confidence, stature in your community, client success, and ultimately make more money.



Take the first step towards becoming a professional fitness coach.

[LEARN MORE](#)

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