

# OPEX

## THE COMPLETE FITNESS ASSESSMENT

# A COACHING SYSTEM FOR ASSESSING EXERCISE, LIFESTYLE & NUTRITION



It's standard practice for coaches to have a system of assessment for movement patterns and energy systems. We assess to understand capabilities and to design the best possible program for the client in front of us.

What's less common is having an objective way to assess someone's lifestyle behaviors and then basing lifestyle and nutrition prescriptions off this assessment.

As coaches, we have the biggest opportunity to impact the health of our clients outside of the gym.

So why don't we treat assessment and design for lifestyle like we do exercise?

In this free guide, you'll learn a complete approach to assessment. As well as the three-part OPEX Body, Move and Work to understand physical capabilities, you'll learn the Basic Lifestyle Guidelines, a set of goals used to assess lifestyle during the intake, initial consultation, and ongoing consultation process. Finally, you'll see how to put it all together in program design with a client avatar.

To continue your program design education, sign up for the [Program Design Essentials Playlist](#) and learn the OPEX principles that have helped thousands of coaches design better programs.



## LIFESTYLE ASSESSMENT: THE BASIC LIFESTYLE GUIDELINES (BLGS)

These guidelines provide an objective understanding of compliance to the 8 lifestyle areas: alignment, energy, food, hydration, movement, sunshine, sleep and poop.

By getting a pass or fail on each, you can identify what to prioritize in the lifestyle and nutrition prescription and then go after the lowest hanging fruit first (e.g. nailing food hygiene before any talk of macros).

Unlike the physical assessment, the lifestyle assessment isn't conducted in one sitting. Instead, there are three key places you will assess the BLGs: the client intake form, the initial consultation, and in monthly consultations.

## GUIDELINES & GOALS

### Alignment

- Are intentions (goals) clear?

### Energy

- Is a consistent daily rhythm set?

### Food

- Is food quality good enough?\*
- Are they at a rested state and chewing their food fully per meal?

*\*Learn how OPEX coaches assess food logs using a tiered system from lower order to higher order in the OPEX Coaching Certificate Program.*

### Hydration

- Are they getting at least 50% of body weight in ounces per day in water?

### Movement

- Are they moving at least 30 min per day?

### Sunshine

- Are they getting at least 15 min of sun per day with 50%+ skin exposed?

### Sleep

- Are they sleeping at least 7 hours per day?

### Poop

- Are they pooping at least 1x per day and at a quality of 4 on the BSC?

In the [OPEX Coaching Certificate Program \(CCP\)](#) you'll learn the importance of each behavior and how to progress a client sustainably towards achieving success in all 8 areas. [CLICK HERE TO LEARN MORE ABOUT CCP.](#)

## BODY COMPOSITION ASSESSMENT: OPEX BODY

The OPEX Body assessment is an analysis of the client's height, weight, lean body, fat mass, basal metabolic rate, and other health biomarkers. This provides a baseline, allows you to compare against normative ranges, and provides a way to monitor progress on goals 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 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**



## MOVEMENT PATTERN ASSESSMENT: OPEX MOVE

In the OPEX Move assessment, you will take your client through a variety of movements. The goal of this assessment is to identify motor control capabilities in the six movement patterns: squat, bend, lunge, push, pull and core.

This information will directly inform priorities for the program, what exercise selection is appropriate, and what is beyond capabilities. The intention of OPEX Move isn't to overcomplicate program design or to look at movement through a microscope. Instead, it provides a simple system to identify possible faults in movement patterns and their causes, as well as how to begin to address them in program design.

In the OPEX Coaching Certificate Program (CCP), OPEX coaches learn the complete system of identifying movement capabilities and how to address limitations in program design. [Click here to learn more about CCP.](#)

## OPEX MOVE ASSESSMENTS

### SCRATCH TEST



**Instructions:** Perform 3 reps per side

**Standard:** Left to right symmetry and adequate ROM with great control

### SQUAT



**Instructions:** @3010 tempo

**Standard:** Performed with great technique and control

### TOE TOUCH



**Instructions:** Perform with control, left to right balance, and great technique

**Standard:** Reach toes with fingertips

### LUNGE



**Instructions:** 3 reps per side @3011 tempo

**Standard:** Perform all reps with great technique and control

### ACTIVE STRAIGHT LEG RAISE



**Instructions:** Lying supine, lift one leg while keeping down leg straight  
**Standard:** Lifted leg passes the knee and left to right symmetry

### SIDE PLANK



**Instructions:** Feet stacked while keeping a straight, rigid line from the head to the feet  
**Standard:** 90 seconds per side

### REVERSE PLANK



**Instructions:** Hold a rigid position while retracting the scapula for the duration of the hold  
**Standard:** 1 minute

### FRONT PLANK



**Instructions:** Hold a hollow or rigid position from the cervical spine to the feet with protraction maintained in upper back  
**Standard:** 1 minute

Watch an OPEX Coach take a client through the **complete OPEX Move assessment** in this video. Then, read the client avatar towards the end of this document to see how this assessment is used to personalize the program design.



## WORK CAPACITY ASSESSMENT: OPEX WORK

In the OPEX Work assessment you will test your client's work capacity with a simple assessment: the 10-minute Airbike for maximum calories.

This assessment gives us great insights into the client's ability to do work over a 10-minute time frame relative to their body weight, aerobic ability, their ability to pace and sustain work, their response to energy system work, and insights into their essence.

Before the test begins, adjust the seat height and seat distance from the handlebars. When the client's foot is down, their pelvis should be neutral and their knee at a 20-30-degree angle. The client should be able to sit upright with the handles equally arranged. Set the bike's monitor to count down from 10-minutes.



When the test starts the client should go at the fastest pace they can sustain for 10-minutes. The goal is to accumulate as many calories as possible during the 10-minutes.

When the test is complete, allow your client to rest walk if needed before explaining their results. When they are ready, have them perform a cool-down spin on the bike while you explain what their score means and what that means relative to their goals.

We have created a formula in [CoachRx](#) for adjusting the raw scores to create a score that's independent of body weight so that well-developed energy systems shine in the scoring. The energy that an individual can output is standardized by their weight so that clients who are heavier but are less efficient in producing energy to create output don't score as well. On the flipside, this means that clients with less mass but who are more efficient at using that weight to create output can score well if their energy systems are well developed.



## CLIENT AVATAR - ASSESSMENT TO PROGRAM DESIGN

The following client avatar is an example of using the complete assessment to inform priorities and capabilities for personalized program design.

In the complete OPEX method, taught in the OPEX Coaching Certificate Program (CCP), coaches learn to collect intake forms and conduct initial consultations, recording client details, training history, values, goals, food logs, and outlining a typical day. It is through these steps that a coach finds answers to the BLGs assessment. [Apply to CCP](#) to learn the complete OPEX method.

### BLGS ASSESSMENT

#### Alignment

- Are intentions (goals) clear?

#### Energy

- Is a consistent daily rhythm set?

#### Food

- Is food quality good enough?\*
- Are they at a rested state and chewing their food fully per meal?
  - Regularly eats lunch at her desk, knows she eats too quickly.

#### Hydration

- Are they getting at least 50% of body weight in ounces per day in water?

#### Movement

- Are they moving at least 30 min per day?
  - Rarely moves outside of the gym (often feels too tired after work)

#### Sunshine

- Are they getting at least 15 min of sun per day with 50%+ skin exposed?
  - No, often doesn't walk at all.

#### Sleep

- Are they sleeping at least 7 hours per day?

#### Poop

- Are they pooping at least 1x per day and at a quality of 4 on the BSC?
  - Often experiences constipation during the work week.

OPEX Body

OPEX Move

OPEX Work

#### BodyWeight

195

#### Bodyfat Percentage ?

35

#### Skeletal Muscle Mass

110

#### Basal Metabolic Rate

1892

#### Muscle Fat Analysis ?

C Shape

OPEX Body

OPEX Move

OPEX Work

#### Airbike 10 min cal

145

#### Airbike Weight Conversion

253

#### OPEX Work Notes

- Paced well (increased naturally over 10 min)
- Was pleased with her score, thought she could have gotten more

OPEX Body

OPEX Move

OPEX Work

#### Scratch Test

- Pass  Fail
- Symmetrical right and left
  - Internal rotation is lacking
  - External rotation is sufficient (upper body mass limiting range)
  - Solid awareness through the movement. Range of motion is the limiter, not awareness or motor control.

#### Air Squat

- Pass  Fail
- Solid squat pattern and overhead position
  - Lack of depth in the bottom related to lower body structure

#### Lunge

- Pass  Fail
- Movement, control, range of motion all solid
  - Noted right foot is more challenging to stabilize (previous leg injury)

#### Toe Touch

- Pass  Fail
- Slight shift to right hip (most obvious on rep 1)
  - Solid flexion through the spine and capable of touching toes

#### Active Straight Leg Raise

- Pass  Fail
- Unable to get left foot past knee
  - Fighting external rotation of the hip

#### Front Plank

- Pass  Fail
- 60 sec
  - Capable of protraction and solid core endurance
  - Little hip drop to right side that was immediately self-corrected

#### Side Plank

- Pass  Fail
- Left = 55 sec, Right = 52 sec
  - Initial position was good, lack of muscle endurance in core (consider body weight)
  - Mentioned challenge in upper body balance (shoulder stability) and slight rotation of top shoulder forward

#### Reverse Plank

- Pass  Fail
- 50 sec
  - Retraction was solid
  - Lack of posterior endurance (consider body weight)

WATCH THE FULL ASSESSMENT [HERE](#)  
AND TEST YOUR COACH'S EYE.



## PRIORITIES

### EXERCISE

#### *Scratch*

- **Include internal rotation-centric exercises**
- Exposure to hanging, internal/external motor control work and bias single arm push and pull exercises with full ROM
- Avoid fixed double arm pushing and dynamic pushing/pulling

#### *Side Plank*

- **Exposure to side planks, starting on R side**
- Single arm carries

#### *ASLR/Toe Touch*

- **Include single bending progression focusing on squared hips**

#### *Reverse Plank*

- **Check Sorenson for greater insight into bend muscle endurance**

### LIFESTYLE

- Food (hygiene specifically)
- Movement
- Sunshine
- While Poop is a fail, it is possible that by prioritizing the behaviors above this will improve. Poor food hygiene and a lack of movement can both disrupt digestion.

## PLANNING

### EXERCISE

Initial 8 week Accumulation phase to address motor control limitations then reassess OPEX Move

- 3 x per week Full Body Resistance
- 2 x per week MAP 9

### LIFESTYLE

Initial 4 week Lifestyle plan with goal of 90%+ compliance before progressing

### DAILY PLAN

- Monday - Squat, Pull (h), bend, push (h), core (oblique), pull (v)
- Tuesday - MAP 9
- Wednesday - Lunge, Push (v), squat, pull (ext rot), core (posterior), push (int rot)
- Thursday - Active Recovery
- Friday - MAP 9
- Saturday - Bend, push (h), Pull, lunge, core (oblique), push (iso)
- Sunday - Active Recovery

## PROGRAM DESIGN

### LIFESTYLE RX

Logged Yes or No daily in CoachRx with a goal of 90%+ compliance for 4 weeks before reviewing and progressing at the next monthly consultation.








- Allow 20 minutes to each lunch away from your desk, chewing your food thoroughly.
- Take a 15 minute walk in the morning before work and immediately after lunch (30 min/ day total).

### EXERCISE RX

While the entire program is a reflection of capabilities and constraints from the program, the priority exercises connected to specific assessment results are emboldened below.

Work will be progressed week to week based on results. Resistance - increase load at static volume initial 4 weeks. Adjust exercise selection for the second 4 weeks. Aerobic - increase pace from week to week. Adjust exercise selection for the second 4 weeks.

## WEEK 1

DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY	DAY 6 SATURDAY	DAY 7 SUNDAY
<p><input type="checkbox"/> Workout </p> <p>A1. Back Squat @31X0, 8 reps x 3 sets; rest 2 min</p> <p>A2. Single Arm Seated Cable Row @30X1, 8 reps x 3 sets; rest 2 min</p> <p><b>B1. Staggered Stance Dumbbell Romanian Deadlift</b> @30X0, 12 reps/side x 3 sets; rest 90 sec <i>*focus on keeping hips level &amp; tension in hamstrings</i></p> <p>B2. Single Arm Dumbbell Bench Press @32X0, 12 reps/side x 3 sets; rest 90 sec <i>*full ROM &amp; strong pause in the bottom</i></p> <p><b>C1. Med Ball Side Plank</b> AMSAP/side x 3 sets; rest 90 sec</p> <p>C2. Scapular Pull-Up @2021, 8-12 reps x 3 sets; rest 90 sec</p>	<p><input type="checkbox"/> Workout </p> <p>MAP 9 @ sustained 5 min Airbike for cal 5 min Row for cal x 3 sets</p>	<p><input type="checkbox"/> Workout </p> <p>A1. Barbell Split Squat @30X0, 8 reps/side x 3 sets; rest 2 min</p> <p>A2. Single Arm Neutral Grip Dumbbell Press @20X1, 8 reps/side x 3 sets; rest 2 min</p> <p>B1. Cable Goblet Squat @31X0, 12 reps x 3 sets; rest 90 sec</p> <p>B2. Cable External Rotation @3021, 12 reps/side x 3 sets; rest 90 sec</p> <p><b>C1. Sorenson AMSAP x 3 sets; rest 90 sec</b> <i>*first set is a true max hold for assessment</i></p> <p><b>C2. Lying Dumbbell Internal Rotation</b> @3020, 12-15 reps/side x 3 sets; rest 90 sec</p>	<p><input type="checkbox"/> Workout </p> <p>30 min walk outdoors</p>	<p><input type="checkbox"/> Workout </p> <p>30 min @ sustained Bike Erg for meters <i>*Every 5 min perform</i> 10 Wall Angels @3030 20m Single Arm Farmer's Carry/side</p>	<p><input type="checkbox"/> Workout </p> <p>A1. Romanian Deadlift @30X0, 8 reps x 3 sets; rest 90 sec <i>*focus on keeping hips level &amp; tension in hamstrings - stick to ROM you can maintain this</i></p> <p>A2. Single Arm Seated Landmine Press @20X1, 12 reps x 3 sets; rest 2 min</p> <p>B1. Machine Assisted Neutral Grip Pull-Up @30X1, 8 reps x 3 sets; rest 90 sec</p> <p>B2. Goblet Lateral Step Down @30X1, 12 reps/side x 3 sets; rest 2 min</p> <p><b>C1. Side Plank AMSAP/side x 3 sets; rest 60 sec after each side</b> <i>*perform right side first &amp; allow this to limit the left</i></p> <p>C2. Top of Ring Dip Hold AMSAP (-5 sec) x 3 sets; rest 90 sec</p>	<p><input type="checkbox"/> Workout </p> <p>30 min walk outdoors</p>

## PROGRAM DESIGN CAN FEEL A BIT LIKE GUESSWORK

If you're anything like most coaches then you've felt that all too familiar writer's block creep in. You waste 15 minutes going back and forth in your brain on the best squat variation to choose for your workout or the perfect rep range to prescribe... and that's only A1. of the session you're designing.

You want to design the best workout possible, you want to strike a balance between enjoyment and effectiveness, and you want to get predictable results for every one of your clients.

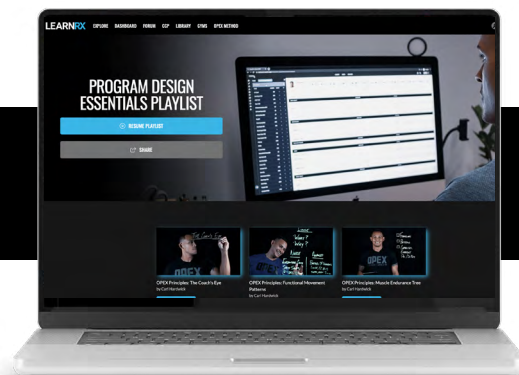
While that process may feel like starting over every time you sit down to program, it doesn't have to.

Having a system of assessment is one essential part of writing personalized programs that get your clients predictable results. Just as important? Having a foundation of proven program design principles to guide your application.

Even for the most difficult clients with specific goals, program design can be simple if you adopt a principle-based approach to designing training programs. And the assessment in this guide is just the tip of the iceberg of the complete OPEX Method of program design.

*Continue your education with the [Program Design Essentials Playlist](#) course bundle and learn the OPEX principles that have helped thousands of coaches design better programs.*

Use the code  
**PDMADESIMPLE** for  
50% off your purchase.



**BUY NOW**

## TAKE YOUR COACHING CAREER TO THE NEXT LEVEL

The Program Design Essentials Playlist is a great introduction to programming, but the **Coaching Certificate Program (CCP)** is right for you if you want to learn the complete OPEX Method and stand out as an elite fitness coach.

In CCP we go both deep and wide into program design, exposing you to an entire system of principles and frameworks for resistance and energy systems training.

OPEX coaches use the data they collect in assessment to build a personalized exercise program, write weekly, monthly, and yearly training plans, and manage recovery outside of the gym with nutrition and lifestyle programs.

To offer this valuable service you need an education that prepares you with both the theory and science of program design, along with hands-on experience implementing coaching systems to all kinds of clients.

Enter our flagship course and mentorship, the OPEX Coaching Certificate Program (CCP). It's the gold standard of education for individualized coaching and program design.

CCP 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 are going quickly and our next mentorship group won't be open until the next quarter, so act now and apply to speak to a coaching advisor today to see if the CCP is right for you.

[APPLY NOW](#)