

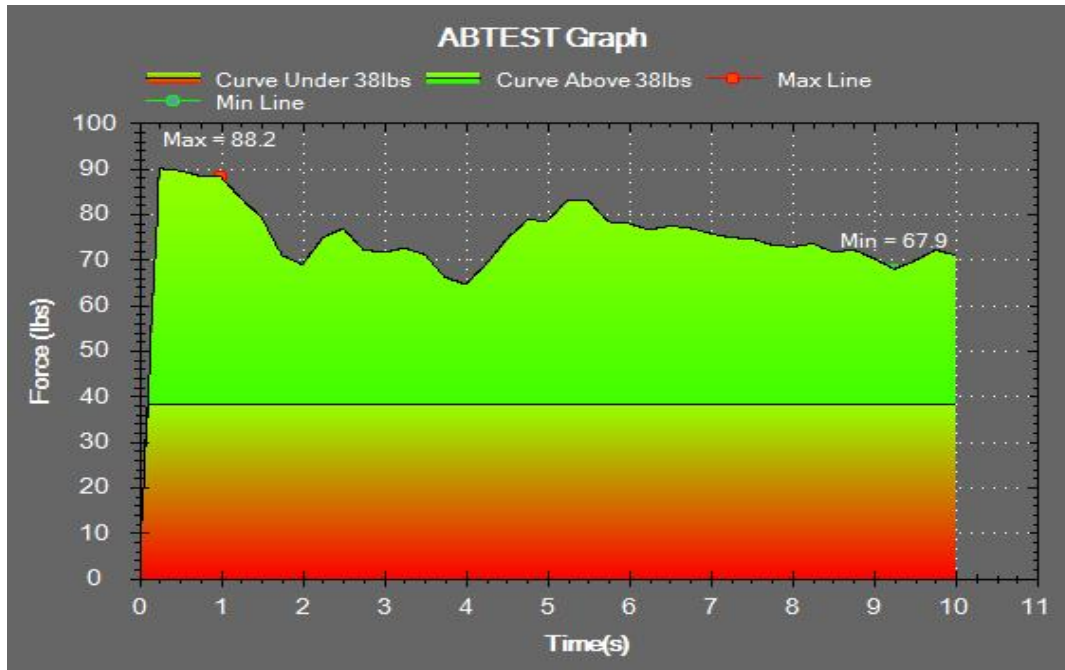


ABTEST Personal Assessment Report for: Sample Report

Test Record

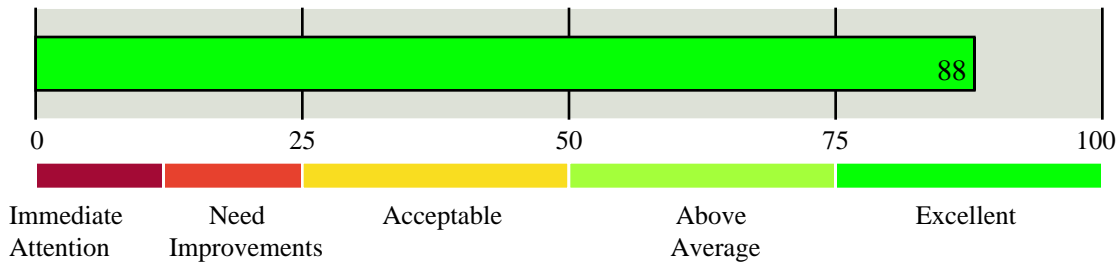
Report Generated Date: 04/12/2011

Tested Date: 02/23/2011



ABTEST Score

Max Effort = 88 lbs ABTEST Strength Index (ASI) = 88 Fatigue Index = 23 % Power Index = 3021



The ABTEST Strength Index (ASI) reflects the max effort you are able to exert. This score is classified into 1 of 5 color band ranges, unique for your comparison group category (General-Male). The higher your score, the less your risk of low back pain or injury.

The Fatigue Index represents the percentage of abdominal strength lost from the maximum effort over the timed test period.

The Power Index represents the total force exerted over the 10 second test.

For more information please contact us at:

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