



WHY USE US?

THE ANSWER IS EASY.

- EASY** to use
- EASY** on your budget
- EASY** on your staff
- EASY** to get started

- ✓ No specialized equipment needed
- ✓ Comprehensive report generates automatically
- ✓ Minimal training and no certification needed to start
- ✓ Use your own logo and branding
- ✓ Unlimited users and locations
- ✓ Cloud-based software
- ✓ HIPPA-Compliant



100% RISK-FREE GUARANTEE

Our founders and designers want you to be completely satisfied while using our products, and 100% confident submitting your reports.

Our 100% money-back guarantee means that if you're not satisfied with your final report for any reason, we'll refund your money. No catch, no hidden agenda, no problem.



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THE SIMPLIFIED Functional Fitness Test



FFT SOFTWARE THAT'S...

FAST

Perform 15, 20, or 30min exams!

COMPREHENSIVE

Measures 5 key areas of fitness, accounting for age and gender.

STRAIGHTFORWARD

Performed in 3 simple steps! The result is a complete, detailed report!

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FAQ

WHAT IS AN FFT (FUNCTIONAL FITNESS TEST)?

The FFT uses a combination of questionnaires, vital signs, anthropomorphic measurements (weight, height, and circumference), and battery of fitness tests to evaluate an individual's overall level of physical fitness.

WHAT DOES THE FFT MEASURE?

- Body composition
- Flexibility and posture
- Muscle strength, power, and endurance
- Balance and motor coordination
- Speed and agility
- Progress over time

WHY ARE FFTs SO VALUABLE TO THE CLIENT?

The FFT allows clients to objectively quantify their physical fitness and track progress over time, empowering them to take full control of their health and physical ability. It can identify key areas of physical risk that could lead to injury. The FFT motivates clients to keep healthy via continual evaluation of lifestyle habits such as diet, exercise, stress management, and sleep patterns.

WHY ARE FFTs SO VALUABLE TO MY BUSINESS?

Boasting an excellent return on investment, the FFT is a proven revenue stream for your business. Use it to attract new clients and retain current ones. Design targeted exercise regimens based on each client's unique and comprehensive results.

WHAT MAKES THE FFT BETTER THAN THE COMPETITION?

Presently, the majority of fitness tests on the market focus only on young OR middle aged OR elderly populations. The FFT software draws from peer-reviewed medical research to automatically determine tests are suited to every client, aged 18-94.

HOW MUCH TRAINING DO I NEED?

Minimal – most can be learned through videos and manuals.

WHO USES FFTs?

- Physical Therapists
- Occupational Therapists
- Chiropractors
- Practitioners of Sports Medicine
- Exercise Psychologists
- Certified Strength and Conditioning Specialists
- Athletic Trainers
- Certified Personal Trainers



Completing an FFT is Fast, Comprehensive and Simple as 1·2·3

1 Pre-Screen

The client completes a questionnaire to see if they qualify for the test. The healthcare or fitness professional takes resting vital signs.

2 Test Selection

Select a mini (15min), moderate (20-25min), or comprehensive (30-35min) exam. The FFT software will choose tests (based on age and sex) from peer-reviewed medical research.

3 Perform the Fitness Screen

Myriad tests can be performed, including:

- Height, Weight, Percent Body Fat Screen
- Walk/Run, Step, or Ergometer Test
- Back Scratch Flexibility Test
- Push Up/Arm Curl Test
- Sit to Stand and Calf Raise Test
- Functional Reach Test

That's it! Generate Your Report

The detailed report measures:

- Body Composition
- Flexibility and Posture
- Muscle Strength, Power, and Endurance
- Balance and Motor Coordination
- Speed and Agility

Design an exercise regimen for the client.