

ExerWin is the best way to measure your fitness!

ExerWin.com: The Smathers Fitness Method

Whatever fitness program you are using (gym, program, or app), we encourage you to keep using it, but choose ExerWin to measure your results and expand your fitness horizons to include a wide variety of great exercises.

How can you measure your fitness? How do you know if you are more or less fit than 6 months ago, or 5 years ago?

Ralph Smathers, M.D. has developed a quantitative measurement for exercise performance including core, body weight, running, swimming, rowing, and weight lifting exercises (see ExerWin **All Exercises** list). To understand the Smathers Fitness Method you will become familiar with 3 new words: ExerWin1, ExerWin5 and ExerWinAll.

For each exercise like sit ups, push-ups or squats, you will follow the exercise description provided and record your score. Let's say you did 25 sit ups in 1 minute. You record the score in ExerWin. The 25 sit ups score is translated into a percentile called the ExerWin1. 100 is the highest and best ExerWin1 and 0 is the lowest.

For a 29-year-old man doing 25 sit ups, the ExerWin app gives a ExerWin1 of 56%. This means if there were 100 men of different athletic ability standing in a line from the lowest to the highest ability, he would be 56th in the line.

The ExerWin1 is a very useful measurement but is limited because it represents only a single exercise on a single day. You might be strong at one exercise (e.g. plank) and weak at another such as sit-ups. The scores entered on one day may have of ExerWin1 77% and 24%. So which ExerWin1 represents your fitness?

Neither one!

Each individual exercise ExerWin1 provides some information but it requires a group of ExerWin1 to assess overall fitness. Dr. Smathers has discovered that it takes at least five exercises of different types to give a good overall measurement of fitness. If you want to know your overall physical fitness, you do five different exercises and get 5 ExerWin1 for that day.

This introduces the next concept which is “ExerWin5”. The ExerWin5 is the average of five or more ExerWin1 all done on the same day. This now gives you your very first and simplest overall measurement of physical fitness. In Figure 1 below, 5 different exercises were done in one day and a ExerWin5 was 78.14% was created.

Figure 1. ExerWin5 created from 5 ExerWin1

How can I get the best measurement of my overall fitness?

Do **different types of exercises** and **more than 5 exercises**.

Doing different types of exercises is very important because if you just do 4 runs or 5 swims, you are over measuring one type of exercise and not getting the benefit of different skills. The exercise list is made up of 5 main groups.

Core:	plank, lunges, squats, sit-ups
Body-weight:	jumps, burpees, bar hang, pushups, pullups, etc.
Running:	1/4-mile, 1/2-mile, mile, 5K, half and full marathon
Weight lifting:	deadlift, clean, press, etc.
Swimming:	50, 100, 400, 800 yards or meters

Your ExerWin5 becomes a more accurate assessment of your overall fitness when you chose exercises from all five groups. The Champion5 list is a simple starter group but you should work up to more diverse groups of exercises over time (such as Champion10). Choosing 10 exercises gives you a much better ExerWin5 assessment than 5, and 15 exercises are much better than 10.

“Am I more or less fit than I used to be”?

It is also now possible to compare your fitness at a point in the past to a previous ExerWin5. This makes it possible for the first time to quantitatively assess if your overall fitness has improved or decreased over time. That is, you can now answer the simple question “Am I more or less fit than I used to be?”

This method greatly expands the opportunity for competing with others. Competitions or challenges can be set up based on your score, ExerWin1, or ExerWin5. Competitions can also be set up on the change over time in score, ExerWin1, or ExerWin5.

If you look even further into the future you can see that over a period of months or years you may have many ExerWin5 measurements, tens or hundreds. Is there a way to look at these results and determine if you are working harder or not as hard as you used to?

This introduces the final measurement created by Dr. Smathers called the “ExerWinAll”. Just as the ExerWin5 represents the average of 5 ExerWin1, the ExerWinAll represents the average of at least five ExerWin5 done on different dates. The ExerWinAll is a long-term (lifetime) measurement of your overall athletic ability.

Let’s say you do your regular workouts during the week and then on the weekends you measure your fitness with ExerWin. On the first weekend you do five exercises and receive your first ExerWin5. Then on the next four weekends you get additional ExerWin5. On that last weekend you get your fifth ExerWin5 and qualify for your ExerWinAll.

The ExerWinAll is a long-term average of your fitness. Let’s say your first five ExerWin5 were 48%, 52%, 54%, 49% and 57% as shown below in Table 1. Averaging these together gives your ExerWinAll of 52%.

Table 1. Five ExerWin5 from different dates

Date	ExerWin5
3-Aug	48

8-Aug	53
21-Aug	54
5-Sep	49
18-Sep	56

Figure 2 is a graph of these 5 ExerWin5 over time. The ExerWinAll is shown as a horizontal line for reference.

Figure 2. Your ExerWinAll created from your first 5 ExerWin5

Note that the individual ExerWin5 are either above or below the ExerWinAll. This is an important idea which leads to another concept called “Up-level” and “Down-level”. Let’s say your long-term ExerWinAll is 54% you just went in today and got a ExerWin5 of 57%. Today’s effort was 3% above your ExerWinAll. That means that you are Up-level 3%. Let’s say the next weekend your ExerWin5 was 47%. That is 7% Down-level from your ExerWinAll.

What does this really mean? Once you know your ExerWinAll, the number itself becomes not very important. Whether you are Up-level or Down-level indicates how hard you are working which is really important!

The huge advantage to using this system is that all your ExerWin numbers are already age and gender adjusted. That is if you had a ExerWin5 from when you were 28 years old and you have one now when you are 39 years old, you can fairly compare whether you were working harder then or now. If you are Up-level from your old ExerWin5 or ExerWinAll, it means you are working hard. The amount that you are Up-level reflects how much harder you are working. Equivalently if you are slacking off or injured, your ExerWin5 may be Down-level from your ExerWinAll, reflecting that your overall fitness has decreased.

Note in Figure 3 there are 3 more ExerWin5 done after the ExerWinAll was set at 52%. The first is 34 which is 18 points Down-level from ExerWinAll and represents a very poor day. The second is 55 which is just above ExerWinAll and is good. The third is 68 which is 16 points Up-level from ExerWinAll and is extremely good. A shift of just 3 points above or below ExerWinAll represents a big change in your athletic performance!

Figure 3. ExerWin5 above and below ExerWinAll

This assessment of whether you're working harder or less hard is not dependent on aging. Most people get much stronger and faster from age 10 to 20, and most people get slower and weaker from age 40 up. Since these measurements are age independent, you can compete with your younger self. You can compete fairly with others regardless of gender, and you can compete fairly with people of different ages from 6 to 94. Schools, universities, companies, cities, and even the whole world can compete using ExerWin.

The ExerWin method is unique because your ExerWin1, ExerWin5, and ExerWinAll numbers are good for a lifetime and are **not** age dependent! For the first time, you can measure how hard you are working independent of aging.

Remember, ExerWin is your Best way to measure fitness!