

# Back-Saver Sit and Reach

*Measures flexibility of the hamstring muscles*

Objective: To be able to reach the specified distance on the right and left sides of the body.

- No Shoes
- Square hips (both legs extended both feet flat against the box)
- Leg Straight w/ foot flat against box (left side 1<sup>st</sup>)
- Opposite leg bent w/ sole of foot flat (fist)
- Hands lined up evenly
- Reach 4 times, holding the 4<sup>th</sup> reach
- Switch sides

# 90° Push-ups

*Measures upper body strength and endurance*

Objective: To complete as many push-ups as possible at a rhythmic pace.

- Hands under the shoulders & fingers stretched out
- Legs straight with toes tucked under
- Push off mat until arms, legs, back are straight
- Elbow goes to 90 degrees
- Stay with the CD

# Trunk Lift

*Measures trunk extensor strength & flexibility (max 12”)*

Objective: To lift the body off the floor using the muscles of the back and hold the position for measurement.

- Lie on your stomach
- Toes Pointed
- Hands under thighs
- Eyes ON MARKER (paper clip)
- Scorer measures to partner's chin

# Curl Ups

## *Measures Abdominal Strength*

Objective: See how many curl-ups you can do (max 75) to the set cadence.

- Knees bent & feet flat
- Heels must stay on mat
- Palms flat & fingertips straight
- Fingertips must past line
- Head touches ground each time
- Keep with the cadence

# PACER

## *Measures Aerobic Capacity*

Objective: Run as long as possible across designated distance (15 or 20 meters) at a specified pace.

- Foot must touch endline on the sound of the beep
- Stay in your lane
- Walking is allowed as long as you stay on pace
- Single beep means go
- Triple beep means go & test will speed up
- 1<sup>st</sup> miss try to get back on track
- 2<sup>nd</sup> miss continue walking until test is completed

# Shoulder Stretch

## *Measures Shoulder Flexibility*

Objective: To touch fingertips together behind the back on both the right side and the left side

- Stand with both arms at side
- Allow right palm to face forward
- Reach up and over right shoulder and then down the back as if trying to pull a zipper
- Allow left palm to face the rear
- Reach up the back with left hand
- Touch fingertips of right and left hand together
- Do fingers touch? Yes or No
- Repeat on other side