



**MOVE**

# ONE MINUTE SIT UP/CURL UP TEST

## Step #1: Sit Up

Athlete will be seated for the test with feet flat on the ground and knees bent. The hands will be placed on the opposite shoulders so that the arms are crossed.

## Step #2

The athlete needs to lower themselves down to the ground so that the full area of the back and shoulders touch the ground prior to returning to the top. The elbows will need to make contact with the top of the thighs close to the knee.

## Step #3: Curl Up

Curl up test will have the athlete keeping the hands on the ground with the palms facing down. The test will start once the athlete crunches up and lets the fingers slide forward across the ground. Once you have reached the top of the movement with your hands in contact with the ground pause and then return to the start.

## Step #4: Scoring

Track how many completed in the 1 minute timeframe. If you break form the test is over. Record and track over time to improve your high score.

## Equipment Needed:

1. Timer
2. Pen & Paper

3. Mat



**Notes:**



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# ONE MILE RUN TEST

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## Step #1

The athlete should prepare to run this test with the goal of running the entire time, if the athlete needs to walk during this test it is ok. Modifications can be made for younger populations 1/4 Mile & 1/2 Mile Test for 6-9 Year Olds\*

## Step #2

Track your time and use it as a score of your aerobic fitness level. Its important to record both the minutes and seconds, don't round up or down.

## Step #3

If you do not have access to a track you will need to make sure you chart or use an app to understand the exact distance you are running. Try to remain on a flat surface to get the most accurate score.

**Make sure you bring water with you and warm up prior to the test for 3-5 minutes.**

## Equipment Needed:

1. Track / Or Specific Distance Measured
2. Pen & Paper



Notes:



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# PUSHUP/MODIFIED PUSHUP TEST

## Step #1

The athlete needs to start this test with hands slightly outside the shoulders and feet shoulder distance apart. If you are doing the modified version you will start on your knees.

## Step #2

You are going to need to create a straight line from your head down to your lower back and maintain a strong core and have your head facing down. If you find that you are sagging your hips or having trouble getting your body lowered to ground you cannot count these reps.

## Step #3

Control your pushups and do not let any bouncing or jerking motion to happen. You will need to lower yourself down to the ground so that your chin is able to touch prior to beginning the concentric phase (Pressing Up).

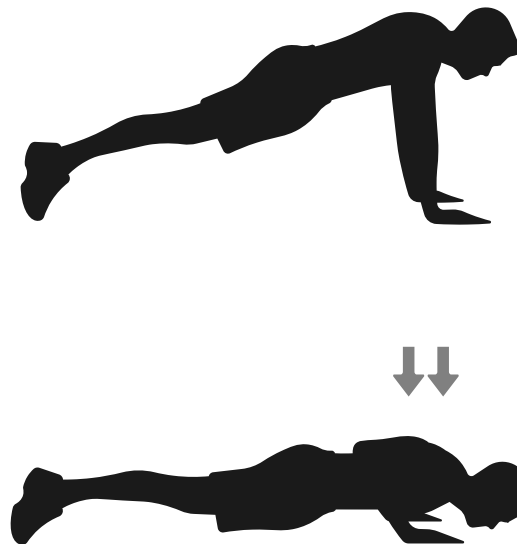
## Step #4

Do not stop during the test, you will need to maintain an even cadence during this test. Count total reps with good form.

**If you do not have a sit & reach box  
you can use the first step on a  
staircase secondary option**

## Equipment Needed:

1. Mat (Optional)
2. Pen & Paper



## Notes:



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# SIT & REACH TEST

## Step #1

This athlete will start sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. If you do not have a box use a step or place your measuring tape or ruler on the ground in between the legs.

## Step #2

Knees should be locked and pressed flat to the floor. The athlete needs to make sure that the hands remain at the same level, not one reaching further forward than the other. This movement needs to be performed smoothly.

## Step #3

The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some versions use the level of the feet as the zero mark, while others have the zero mark at 15 inches. Limit knee flexion during this movement and hold the touch for 3 seconds.

## Step #4

You are going to take the best measurement of the 3 tests.

**If you do not have a sit & reach box  
you can use the first step on a  
staircase secondary option**

## Equipment Needed:

1. Sit & Reach Bar
2. Tape Measure or Ruler
3. Pen & Paper



## Notes:



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# PULL UP TEST/DEAD HANG

## Step #1

Approach the bar with a overhand grip. Make sure that your hands are just outside shoulders distance apart.

## Step #2

Limit all bouncing or jerking movements as you perform this test. The ability to pull your body weight up with control and down with control is key. You need to make sure that your chin clears the bar as you pull up or the reps cannot count.

## Step #3

You will keep track of the reps completed following the instructions above. If you are not able to perform a pull up you will substitute a dead hang instead.

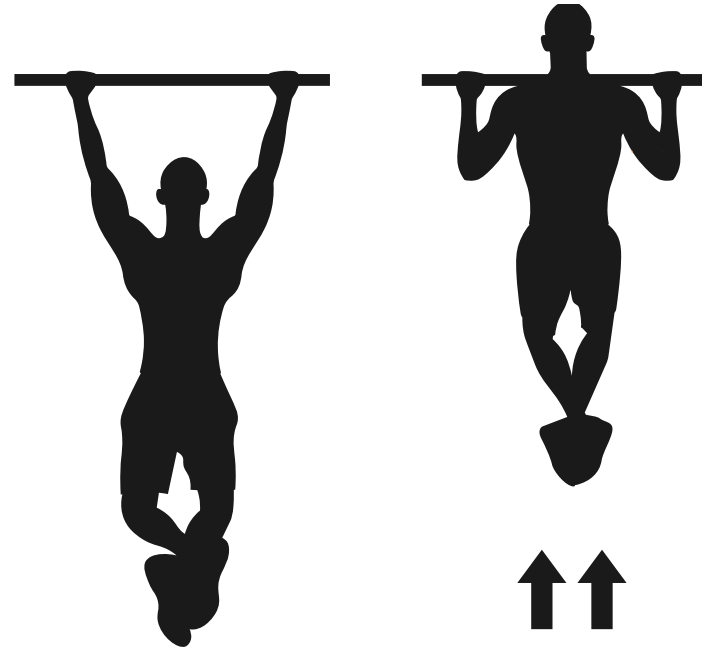
## Step #4: What is a Dead Hang?

You will grab the bar with your arms relaxed and at full length. You will try and hold on without swinging or kicking for the max amount of time possible. Once you have completed record your time (Duration of the hang).

## Equipment Needed:

1. Elevated stable (horizontal bar)

2. Pen & Paper



Notes:



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# BROAD JUMP

### Step #1

The athlete stands behind a line marked on the ground with feet slightly apart (Just outside Hips Distance). A two foot take-off and landing is what's scored, swinging of the arms and bending of the knees to provide forward drive.

### Step #2

The Athlete attempts to jump as far as possible, landing on both feet without falling backwards. If you fall backwards the jump cannot be counted. Three attempts are allowed.

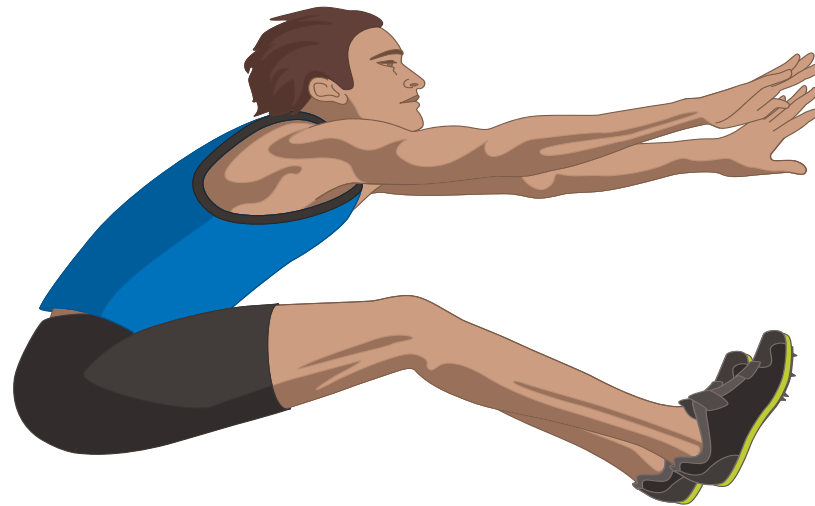
### Step #3

The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). The athlete will select the best of three attempts.

### Equipment Needed:

1. Tape Measure
2. Phone

3. Pen & Paper



### Notes:



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# 60-YARD SHUTTLE

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## Step #1

You will want to make sure you are warmed up prior to testing your 60 yard dash time. Take about 3-5 Minutes to break a light sweat and get some warmup movements going. You should do 1-2 accelerations over a shorter distance as well.

## Step #2

You will take the start line and make sure you dont jump or roll into the start. You can start from a more specific stance if needed (3-POINT OR 2 POINT)

## Step #3

Do mutiple trials and track your best time. Break in between for 3-5 minutes to allow your body to reset prior to the next maximal effort sprint.

## Equipment Needed:

1. Partner Needed to Record
2. Pen & Paper
3. 60-100 Yards of Flat Ground
4. Cones or Markers



**Make sure you bring water with you and warm up prior to the test for 3-5 minutes.**

Notes: