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NOTE:

The following information is not intended and should not be construed as medical advice. This information should not be relied upon as a substitution for medical attention from qualified health professionals who are familiar with your individual needs.

WHAT ARE THE PHYSICAL FITNESS AREAS TO BE TESTED?

The Physical Fitness Test will assess your abilities in the following areas:

- Aerobic Power or Cardiovascular Endurance
- Anaerobic Power
- Muscular Endurance (Core & Upper Body)
- Flexibility
- Body Composition

WHAT ARE THE PHYSICAL FITNESS TEST COMPONENTS?

1.5 Mile run

Agility

Sit Ups

Push Ups

Sit and Reach

3 Site Skinfold Method

MINIMUM STANDARDS TO PASS

MALES

	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>
BODY FAT	19.8	22.7	24.8	26.4
SIT UPS	39	36	30	25
SIT AND REACH	17"	16"	15"	14"
PUSH UPS	31	25	19	14
1.5 MILE RUN	12:20	13:22	14:08	15:08
AGILITY	18.6	18.6	18.6	18.6

FEMALES

	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>
BODY FAT	26.7	28	31.3	34.8
SIT UPS	31	26	21	16
SIT AND REACH	19.5	18.5	18	17
PUSH UPS	25	20	14	13
1.5 MILE RUN	15:10	15:47	16:34	17:29
AGILITY	23.3	23.3	23.6	23.6

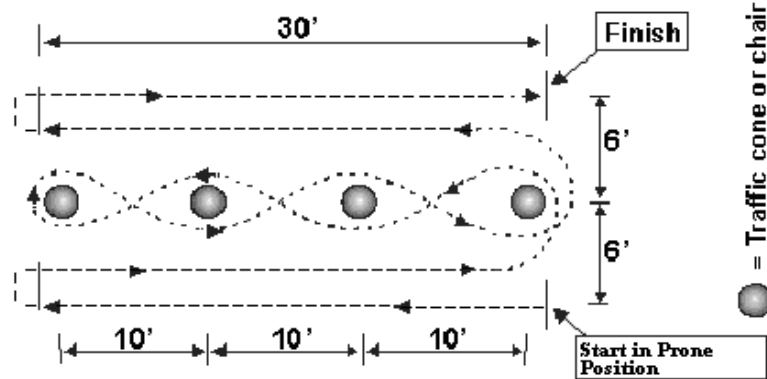
Training tips for the 1.5 Mile Test

- Preparing for the 1.5 Mile run should be done by running outside on a regular basis. Training on the elliptical, Stairmaster, stair climber, rower, etc. will increase cardiovascular endurance but does not have the same training effect as running. If you are not able to run outside you may use the treadmill as the second best option.
- Practice the 1.5 mile run and time yourself. Try to improve your time as much as possible on training day. Adding hill challenges during your outdoor run can improve cardiovascular conditioning and speed.

6 WEEK PROGRESSIVE PLAN TO IMPROVE 1.5 MILE RUN TIME

<u>WEEK</u>	<u>WORKOUT</u>	<u>TIME (MIN)</u>	<u>DAYS/WEEK</u>
1	JOG 2 MILES	20:00	3
2	JOG 3 MILES	29:00	3
3	JOG 3 MILES - Jog ½ mile - Run ½ mile - Walk - REPEAT RUN/ WALK 3 TIMES	27:00 - 5:00 - 4:00 - 4:00	2
4	JOG 3 MILES - Jog ½ mile - Run fast - Walk - REPEAT RUN/ WALK 7 TIMES	26:00 - 5:00 - 1:00 - 1:00 - 1:00	1
5	JOG 3 MILES - Jog ½ mile - Run fast - Slow Jog - REPEAT RUN/ WALK 3 TIMES	26:00 - 5:00 - 3:45 - 3:00	2
6	JOG 3 MILES - Jog ½ mile - Run ¼ mile - Slow Jog - REPEAT RUN/ WALK 6 TIMES	25:30 - 5:00 - 1:45 - 1:30	2

PREPARING FOR THE AGILITY TEST

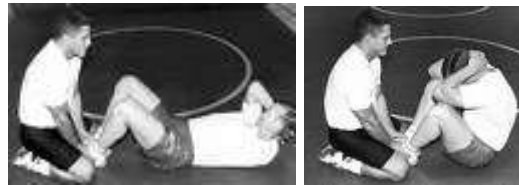


Agility is the ability to change the direction of the body in an efficient and effective manner, which requires a combination of skills including balance (dynamic and static), speed, reflexes, coordination and strength.

Procedure:

Lie on the ground with your chest and hands on the ground. On the “GO” command the stopwatch will start. Get off the ground as quickly as possible and run directly to the last cone and sprint back to the starting line. You will then weave through the cones to the last cone and then weave back to the start line. Lastly you will sprint directly to the last cone and sprint back to the starting line running through the starting line. Your time will be then be recorded.

PREPARING FOR THE SIT-UP TEST



Procedure:

Lie on your back with your knees bent and your feet flat on the mat. Feet may be together or apart, but the heels must stay in contact with the mat at all times. Fingers must stay interlocked behind the head throughout the exercise. Your partner will press down on your ankles to anchor your feet. On the “GO” command sit up and touch your elbows to your knees and then return to the starting position touching your shoulder blades to the ground. Repeat the movement for the full minute; performing as many sit ups as possible. DO NOT PULL ON THE NECK.

Repetitions will not count if you fail to:

- Keep your fingers interlocked throughout each repetition
- Touch your elbows to your knees
- Touch your shoulders on the mat

- Keep your hips down on the mat.

If at any point your hands are placed on the ground or on your knees the test will end.

Training Tips:

1. Exhale while bringing your elbows towards your knees during the first motion of the sit up.
2. If you need to rest, rest in the upright position when your elbows are by your knees keeping your fingers interlocked behind your head.
3. Proper form and positioning will contribute to better performance and ensure safety of the exercise.

6-Week Sit-up Adaptation Routine

Week 1
3 sets/15 reps

Week 2
3 sets/20 reps

Week 3
3 sets/25 reps

Week 4
3 sets/30 reps

Week 5
3 sets/35 reps

Week 6
1 set to fatigue *or* 1 minute

Do the above workouts every other day – Monday through Friday. The *core*, every muscle from your shoulders to your hips: front, sides and back, can be worked daily. On off days or on the weekend, try planks, standing strength (i.e.: dead lifts with light weights/resistance bands), standing rotational strength (i.e.: side lying planks and prone extension exercises).

PREPARING FOR THE PUSH-UP TEST



Procedure:

Males-

Place your hands on the ground approximately shoulder width apart, fingers pointing forward with your hands underneath your shoulders. Your feet may be together or up to 12 inches apart. Position your body so it is in a straight line from the shoulders to the ankles and remain in this position throughout the exercise. Lower your body by bending your elbows until your chest hits the first of the tester and then return to the starting position by fully straightening your arms.

Females-

Place your hands on the ground approximately shoulder width apart, fingers pointing forward and your hands underneath your shoulders. Position your knees on the floor with ankles crossed and elevated off the floor. Your body should be in a straight line from the shoulders to the knees and must remain in this position throughout the exercise. Lower your body by bending your elbows until your chest hits the first of the tester and return to the starting position by straightening your arms.

Participants should perform as many push-ups as possible in one minute.

Training Tips:

1. Males- If you start to fatigue, you may rest in the pike position with your hips elevated higher than your shoulders. Return to the plank position then continue to perform the pushup for the full minute.
2. Proper form and positioning will contribute to better performance and ensure safety of the exercise.

**6-Week Push-up Adaptation
Routine Monday through Friday**

Week 1
3 sets/10 reps

Week 2
3 sets/15 reps

Week 3
3 sets/20 reps

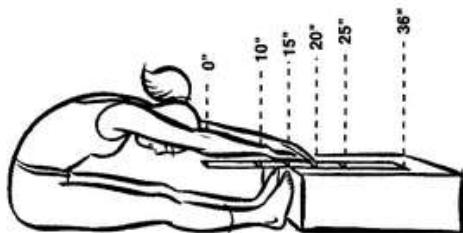
Week 4
3 sets/25 reps

Week 5
3 sets/30 reps

Week 6
1 set to fatigue *or* 1 minute

Perform each workout on non-consecutive days.

PREPARING FOR THE SIT AND REACH FLEXIBILITY TEST



Procedure:

Sit on the floor with your shoes off, with legs extended straight with the feet inside the Sit & Reach assessment box. Placing one hand over the other, hinge at the hips and reach out over the box as far as possible sliding the hands long the box in a controlled movement. You will hold your fingertips on the measuring box until the tester can record the measurement. You will then return to the starting position. The movement will be steady and smooth without ballistic/bouncing movements.

Training Tips:

Performing a full body flexibility routine daily, especially of the low back and hamstrings, will increase flexibility for the Sit and Reach test. There are two seated recommended exercises that will be beneficial:



- Towel Stretch - Sit on the ground with legs straight. Wrap a towel around the feet holding the ends with each hand. Lean forward and pull gently on the towel bending the torso toward the toes. Try to keep the back straight and tip from your hips. Hold 30 seconds.



- Child's Pose- Begin on the ground on your hands on your knees. Spread your knees apart and keep your toes together with the tops of your feet on the ground. Bring your hips back resting your buttocks on your heels lengthening your spine and extending your arms to feel a stretch in the sides of your back and your lower back and hips. Take a couple of deep breaths and rest into the pose.

IMPROVING FLEXIBILITY FOR INJURY PREVENTION

Stretching is an important part of every workout and should become part of your preparation for the Physical Fitness Test. Stretching (no bouncing) can increase Range of Motion, decrease pain and stiffness, reduce stress and improve physical performance. Use a dynamic stretches to warm-up before your workout and static stretches at the end of your workout.

Stretching Tips:

- Never stretch to the point of pain. Move slowly and gently until you feel a solid stretch.
- Hold 30 seconds or more to allow the muscle to fully relax for maximum benefits.
- Breathe. Breathing can help relieve tension in your body and may help you hold the stretch longer.

Chest Stretch



- Start in a standing position, feet should width apart, knees slightly bent and place your arms parallel with your shoulders
- Palm facing forwards
- Stretch arms back until you feel the chest stretch.
- Hold 30 seconds.

Biceps Stretch



- Start in the Standing Chest Stretch position
- Slowly turn palms to face backwards
- You should feel a stretch across your chest and into the biceps
- Hold 30 seconds.

Upper Back Stretch



- Start in standard standing position and clasp your hands together, with thumbs pointing down.
- Round your shoulders and reach forward until you feel a stretch across your upper back
- Hold 30 seconds.

Shoulder Stretch



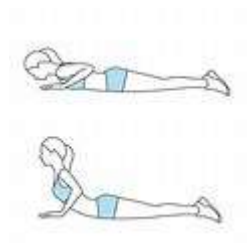
- Bring one arm across your chest/upper body
- Grasp this arm with the other arm and gently pull it across the chest until you feel a stretch in the shoulder. Do not pull on the elbow.
- Hold 30 seconds. Switch arms and repeat.

Triceps Stretch



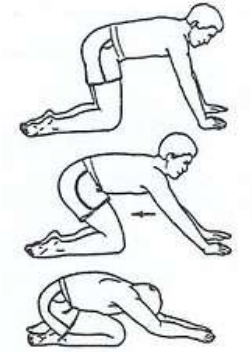
- Start in standing position
- Extend your right arm to the ceiling; bend at the elbow and bring the right palm towards the center of your back
- Use your left hand to gently push your arm further back
- Hold 30 seconds. Switch arms and repeat.

Prone Abdominal Stretch



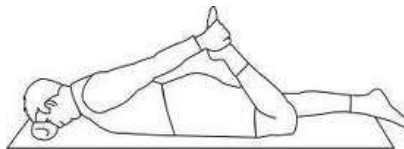
- Lie prone (on your stomach) with your hands under your shoulders
- Gently press into your hands, lifting your chest until you feel a stretch in your abdomen. Keep your pelvis on the floor and your head in a neutral position.
- Hold 30 seconds.

Low Back Stretch - Child's Pose



- Start on your hands and knees
- Slide your buttocks back and down towards your heels
- Drop your head as close to the floor as comfortable while sliding your hands forward.
- Hold 30 seconds

Quadriceps Stretch



- Lie on your abdomen; head supported on a towel
- Grasp your right foot with your right hand (use a towel if your cannot reach your foot)
- Gently pull your heel toward your buttocks
- Hold 30 seconds. Switch legs and repeat.

Hamstring Stretch



- Sit on the floor with your Right leg straight in front of you and your left leg bent with your foot touching your thigh.
- Bend forward keeping your back straight (tip from the hip; chest lifted) until you feel a stretch in the back of your thigh (hamstrings)
- Hold 30 seconds. Switch legs and repeat.

Hip Flexor Stretch



- Kneel down into a lunge position with your hips and knees bent at 90 degrees.
- Keep the back knee on the ground and gently contract your glutes to keep your pelvis beneath you.
- Push your hips forward until you feel a stretch in the front of your hip. Do not lean backwards into your spine.
- Hold 30 seconds. Switch legs and repeat.

Seated Glute Stretch



- Sitting with your legs straight in front of you.
- Bend your right leg and place your right foot on the outside of your left knee/thigh
- Drape your opposite arm across your bent knee and turn (rotate) toward it until you feel a stretch in your glute and outer hip.
- Hold 30 seconds. Switch legs and repeat.

Adductor Stretch



- Lie on your back in front of a wall with your legs on the wall.
- Go as close to the wall as you can, maintaining a comfortable stretching in the hamstrings

- Keeping your legs straight slowly allow them to slide apart on the wall until you feel an inner thigh stretch.
- Hold 30 seconds.

Groin Stretch (Butterfly Stretch)



- Sitting in good posture (lifting crown of head towards ceiling), place the soles of your feet together.
- Let your knees fall to the sides until you feel a stretch in your groin
- To increase the stretch, place your elbows on your knees and press down.
- Hold 30 seconds.

Calf Stretches

Gastrocnemius



- Stand with legs shoulder-width apart 2-3 ft. from a wall with your hands on the wall at shoulder height.
- Step forward with one foot, bending the knee(* front knee should not travel passed the toes)
- Press heel of rear foot firmly into the floor keeping your hips/pelvis facing the wall and both feet pointing towards the wall.
- Do not allow your rear heel to lift off the ground
- Hold 30 seconds. Switch legs and repeat.

Soleus



- Stand with legs shoulder-width apart 2-3 ft. from a wall with your hands on the wall at shoulder height.
- Step forward with one foot, bending the knee(* front knee should not travel passed the toes)
- Press heel of rear foot firmly into the floor as in the Gastroc stretch and gently bend that knee until you feel a stretch in your calf. Keep your hips/pelvis facing the wall and both feet pointing towards the wall.
- Do not allow your rear heel to lift off the ground
- Hold 30 seconds. Switch legs and repeat.

Preparing for the Physical Fitness Test should also include following a well-balanced, heart healthy diet and getting adequate sleep and staying well hydrated. If you feel you need to lose or gain weight, consult your physician before beginning a diet.