

SIT UPS

A test of the muscular endurance of the abdominal muscles (figure 20).



Figure 20 Canadian trunk strength test

• Lie on your back with the knees flexed at 90 degrees and your fingertips touching a strip of masking tape placed perpendicular to your body. Perform a slow, partial curl-up by flattening out your lower back, then curling up your upper spine until your fingertips touch a second strip of masking tape, 8 cm from the first strip. Return to the start position and repeat as many times as you can at a rate of 20 curl-ups per minute, up to a maximum of 75.

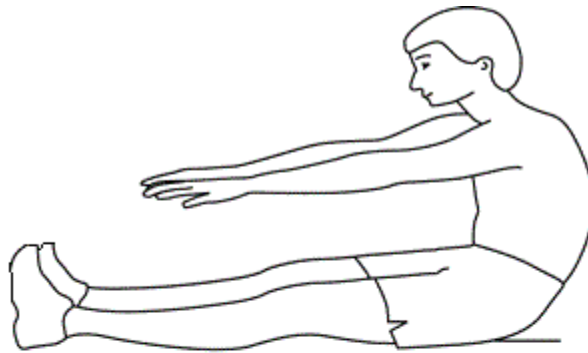
STANDING BROAD JUMP

The broad jump is similar to the jump squat except that it is done for distance as opposed to height. When doing broad jumps, be sure to use your arms to gain momentum and be sure to land softly in order to begin your next jump quickly and explosively.



SIT AND REACH

A



B

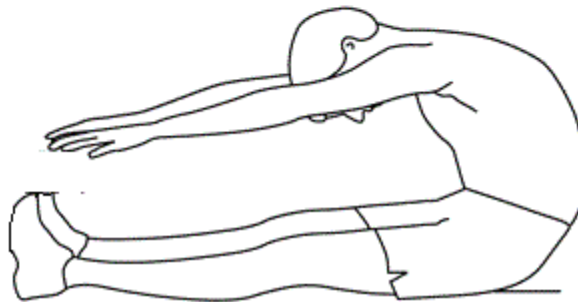


Figure 1

(A) Schematic diagram for the starting position of the sit and reach test. Subjects sit with the soles of their feet against the box, and with their hips flexed to about 90° to assume an upright sitting position. (B) Schematic diagram of the reaching position of the sit and reach test. Subjects flex their hip joints and vertebral column (with possible contributions from shoulder joint flexion and scapular elevation) to reach forward as far as possible. A centimetre scale is printed on the top surface of the box. The 15 cm line is approximately flush with the location of the toes below the overhang of the box.

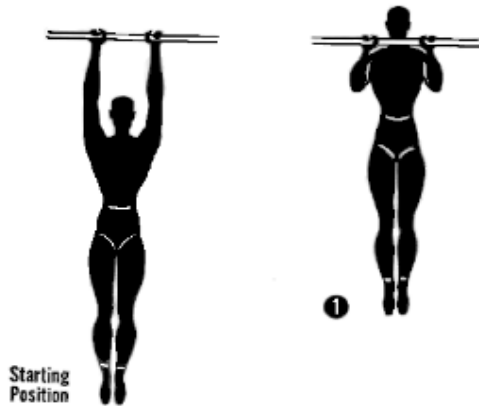
Basic Push-Up



- Come into plank position with your arms and legs straight, shoulders above the wrists.
- Take a breath in, and as you exhale, bend your elbows out to the sides and lower your chest toward the ground. Stop as soon as your shoulders are in line with your elbows. Inhale to straighten the arms. This counts as one rep.
- If this is too difficult, do this exercise with your knees on the floor.

Pull ups

Inclined pull ups done as much and as fast as possible for 8-10 seconds followed by rest for 1 minute to work ATP-PC system. Pull ups can be assisted at the start if the participant is unable to do pull ups at the start.



Rope Climbing



R o p e C l i m b i n g I n s t r u c t i o n s

1. G r i p t h e r o p e , o n e h a n d a b o v e t h e o t h e r , w i t h t h e t r a i l p a s s i n g b e t w e e n y o u r l e g s .
2. P u l l y o u r s e l f u p b y b e n d i n g a t t h e e l b o w s a n d a t t h e t o p o f t h e l i f t r e a c h u p t o a h i g h e r p a r t o f t h e r o p e w i t h t h e l o w e r h a n d . R e p e a t t h i s p r o c e s s t o r e a c h t h e t o p o f t h e r o p e .
3. Y o u c a n p a s s t h e r o p e b e h i n d y o u r l e g a n d o v e r t h e t o e s , u s i n g t h e o t h e r f o o t t o s t a n d o n t o p o f t h e r o p e (a c t i n g l i k e a b r e a k) . T h i s c a n h e l p y o u s u p p o r t y o u r b o d y w e i g h t i f r e q u i r e d a n d i n c h y o u r w a y t o t h e t o p .