

PRE-JOINING FITNESS TEST PROTOCOLS

PROTOCOLS – PRESS-UP TEST

INTRODUCTION

The aim of the press-up test is to measure the strength and endurance of the upper body. **Press-ups are performed for a maximum duration of one minute, or until the individual stops (knees touch the floor) or continually fails to perform the press-up using the correct form.**

CORRECT FORM

The press-ups are to be completed using the correct form, namely:

Set Up Position. The subject lies flat on their stomach with their legs straight and feet not more than 30cm apart. Their hands (or fists) are to be positioned in a comfortable position, slightly wider than shoulder width apart and in line with the shoulders. Press-ups are to be conducted on a flat surface.

Start/Finish Position. Keeping the head in a neutral position, the subject is to raise the body up by straightening their arms, ensuring the back is kept straight with the feet acting as a pivot. The elbows are to be locked at the highest point; this is the start/finish position. See Figure 1 & 2.

Figure 1.



Figure 2.



Action. The body is lowered by bending the elbows until the upper arms are parallel (90°) to the floor, making contact with the instructors/partners fist (this is the down position). The body is to be kept straight throughout the exercise. See Figure 3 & 4.

Figure 3.



Figure 4.



Instructors/Partners. Instructors/Partners are to lie in front¹ of the participant and place their elbow on the floor or mat so that their fist is touching the lower part of the participants shoulder when the participant is in the down position. This is when the participant's upper arm is parallel to the floor. The Instructors/Partners fist should then stay in this position throughout the duration of the test.

Resting. Participants may rest (if required) but only in the start/finish position, with the arms extended fully and the back and legs kept straight. If the participant's knee(s) touch the floor at any time during the test, no additional repetitions are to be counted and the participant will be told to stop.

PROTOCOLS – SIT-UP TEST

INTRODUCTION

The aim of the sit-up test is to measure the strength and endurance of the abdominal muscles. **The sit-ups are to be performed for a maximum duration of one minute, or until the individual stops or continually fails to perform the sit-up using the correct form.**

CORRECT FORM

The sit-ups are to be completed using the correct form, namely:

Set Up/Start Position. The participant lies on a mat with the knees bent to approximately 90 degrees and feet approximately 30 cm apart. Feet, back and shoulder blades should be flat on the mat. The hands are placed on the temples of the head (not behind) and must be maintained in this position throughout the test. See Figure 5.

Figure 5.



Finish Position. Both elbows touching the tops of the knees. See Figure 6.

Figure 6.



¹ In Figures 2 & 4 the instructor's position is to the side in order to allow the press-up to be viewed from the front.

Action. The sit-up is initiated by curling the trunk up, so that both elbows touch the top of the knees. The trunk is then lowered in a controlled manner, so that the back and shoulder blades touch the mat, back in the start position. Participants are not to 'bounce' off the mat at any time during the test.

Instructors/Partners. Instructors/Partners are to ensure that the participant's feet are secured for the duration of the test to stop rocking, stabilise the lower body and to ensure that the feet remain in contact with the mat. Participants should be asked as to how they wish their feet to be secured (held, knelt-on or stood-on).

Resting. Participants may rest (if required) but only in the start position.