



## **Fitness Challenge Test Administration**

Test administrators shall read a description of each exercise and demonstrate proper form prior to the test.

### **Test Conditions**

- Exercise may be completed in any order
- Each callisthenic event must be completed within three minutes
- Maximum break between events is seven minutes
- A ten minute warm-up is allowed for the run
- An individual may test multiple times, but scoring will always be based on the results of a single testing event, not on individual exercise scores from separate testing events.

### **Pull-Ups**

Starting position is hanging from a bar, hands approximately shoulder width apart, arms fully extended with elbows locked. Hands can be palms away or palms facing the individual. Individual lifts body until the chin is above the bar and returns to starting position. This is one repetition. On each repetition the arms must fully extend and the chin must clear the bar. No kipping or kicking is allowed. Count the number of pull-ups completed in three minutes or when the individual cannot maintain the starting position (lets go of the bar).

### **Push-Ups**

Starting position is back straight and parallel with the ground, arms straight with hands approximately shoulder width apart and elbows locked. The buttocks are not allowed in the air in the starting position. Individual lowers the body until the arms form a ninety degree angle and returns to the starting position with the arms fully locked. This is one repetition. The back must remain straight throughout the exercise. All resting must occur in the starting position. Count the number of repetitions successfully completed in the three minutes or when the starting position can no longer be maintained (arms collapsing, buttocks in the air.)

### **Sit-Ups**

Starting position is hands behind the ears, back on the ground, legs bent at a forty-five degree angle. Feet can be held by a person or a fixed object. The individual raises the back until the elbows touch the legs, then returns to the starting position (shoulder blades touch the ground). This is one repetition. Exercise mats may be used for padding. Count the number of repetitions completed in three minutes.

### **Run**

1 ½ mile or 3 mile runs are conducted on flat, smooth surfaces.