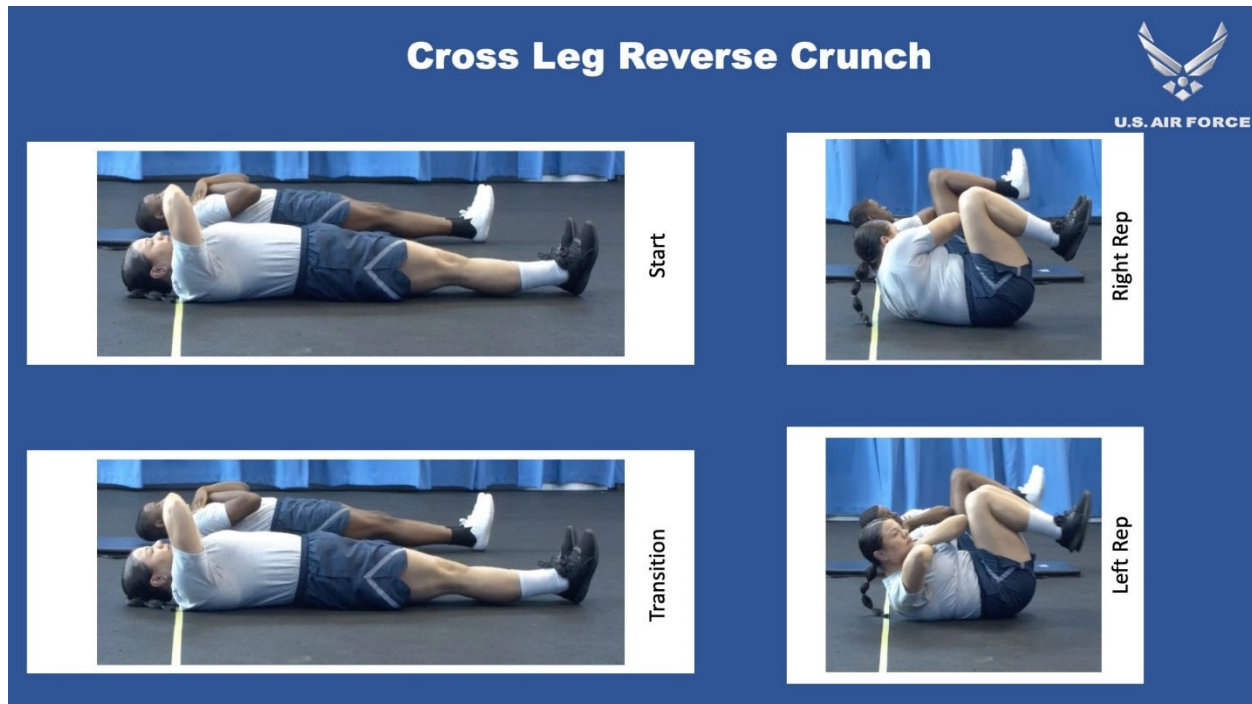
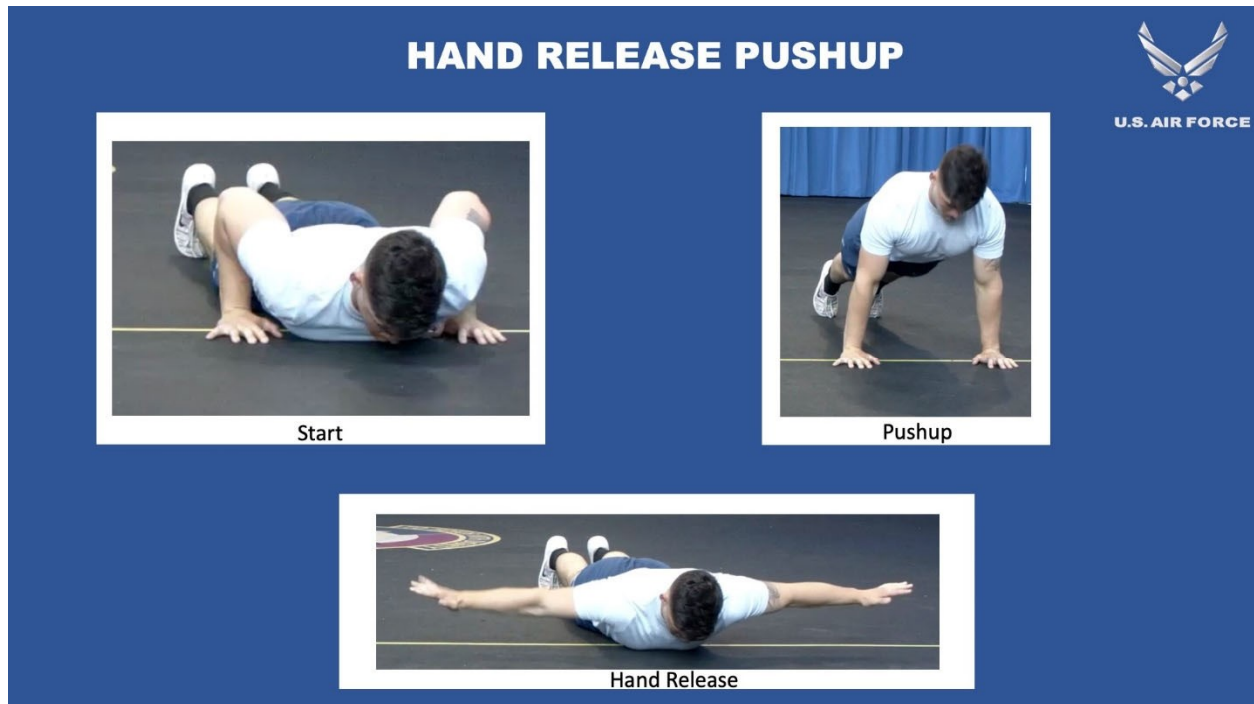


Cross Leg Reverse Crunch



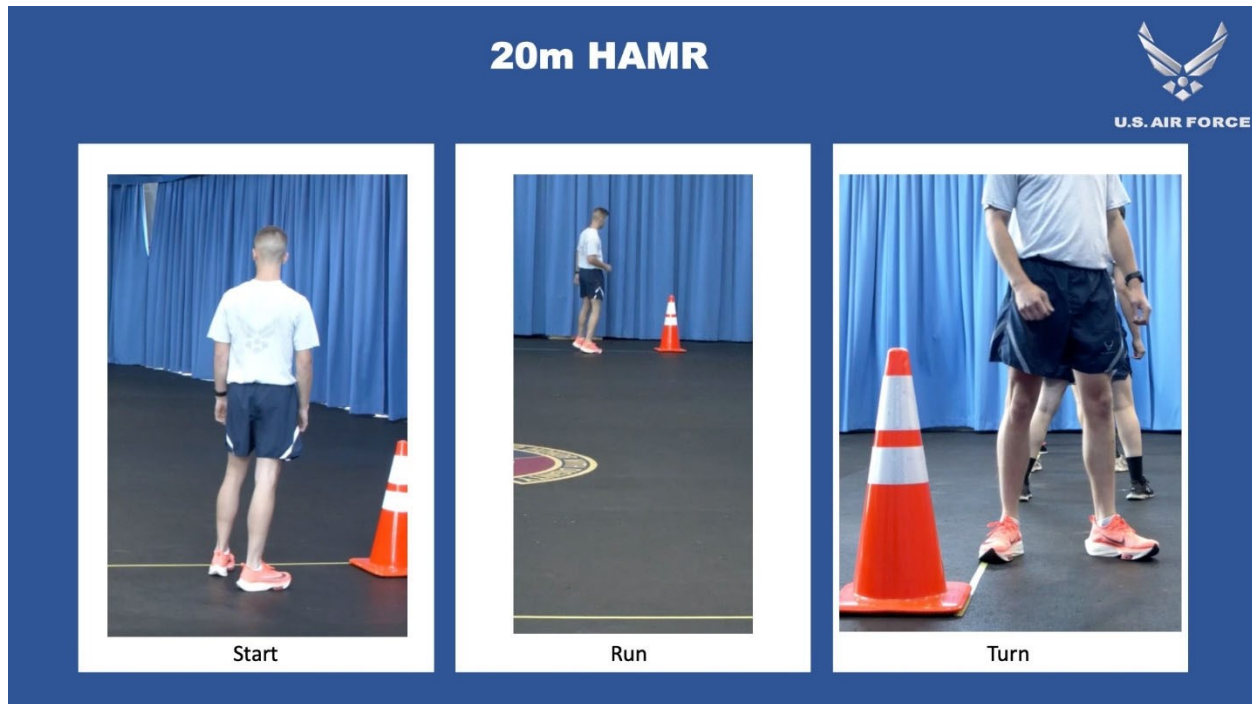
1. The member will lie on their back on a flat, level surface, legs straight, and feet on the ground. Arms are crossed over the chest with open hands or fingers touching the shoulders or upper chest. Hands can't grab the shirt. The use of an exercise mat is optional for this exercise.
2. While keeping the lower back on the floor, bring both legs toward the chest while reaching your left elbow across your body to touch your right thigh. Then return to the starting position. This is counted as repetition number one.
3. While keeping the lower back on the floor, bring both legs toward the chest while reaching your right elbow across your body to touch your left thigh. Then return to the starting position. This is counted as repetition number two.
4. The repetition will not count if your hands or fingers do not remain in contact with the shoulders or upper chest throughout the assessment, including the rest position. Additionally, the repetition will not count if your lower back lifts off the ground, elbow does not touch the opposite thigh, or legs do not fully extend when returning to the starting position. The resting position will be the same as the starting position. (Note: while performing this exercise your head does not need to touch the ground. If you move out of place greater than a foot you will be warned and if it continues those repetitions will not count.)

Hand Release Push-Up



1. The member will begin in the prone position and must ensure their hands are flat on the ground with the index fingers inside the outer edges of the shoulders. This is the starting position.
2. The member will push their whole body up from the ground as a single unit to the up position by fully extending the elbows. The member will maintain a generally straight body alignment from the top of the head to the ankles. This generally straight position will be maintained for the duration of the exercise.
3. The member will bend their elbows to lower the body back to the ground. The chest, hips and thighs should touch down at the same time. The head or face do not have to contact the ground. Without moving the head, body, or legs, the member will extend both hands out from the body until the arms are fully extended forming a 90-degree angle between the arms and trunk at the shoulders. Hands must be off the ground. After reaching this position, the elbows bend to move the hands back under the shoulder. The member must ensure their hands are flat on the ground with the index fingers inside the outer edges of the shoulders and push their whole body back to the starting position. This completes one repetition.
4. Resting can only be done in the up position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the up or rest position, resting any other body part on the floor is not allowed. If resting occurs in the down position, the hands release push-up portion of test will be terminated and your score will be based on the correct number of hands release push-ups performed up to that point. The number of successfully completed repetitions in two minutes will be recorded as the raw score.

20-meter High Aerobic Multi-shuttle Run



1. You will run between two lines 20 meters apart, at a progressively faster pace, to the tempo of a recorded beep.
2. You will start behind the first line and begin jogging to the opposite line when instructed by the recording. You will leave the line when you hear the beep, and should arrive at the opposite line just before the next beep. You must touch the line with one foot before the beep sounds. If you get to the line early, do not begin running back before the beep sounds.
3. Failure to reach the line before the beep, or leaving the line too early, will result in a warning. Three consecutive warnings will result in termination of the assessment. If you receive a warning, but successfully reach the line on the next shuttle, the warning count will start back at zero.
4. You must reach the opposite line on every shuttle. If the beep sounds prior to reaching the line, you must complete the shuttle before you can turn and attempt the next shuttle. Failure to reach the opposite line will result in a warning. However, stopping before the line and returning to the opposite line will result in the termination of your assessment. Failure to attempt a shuttle (i.e. resting or skipping shuttles) will result in the termination of your assessment, as well. You must maintain cadence with the beep sequence at all times.
5. After each level the time between beeps will become shorter, requiring you to run faster. You are encouraged to keep going until you are no longer able to keep the pace. If at any point you feel unable continue, you may stop the test and step off the court. Your score will be the last successful shuttle completed before three consecutive warnings or when you voluntarily terminate your test.

Forearm Plank

Forearm Plank



U.S. AIR FORCE



1. The forearm plank will be performed on a flat, level surface. An exercise mat may be used. The member must be entirely on or off the exercise mat, (i.e., upper body of the member cannot be on the exercise mat with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.
2. The PTL will record time with a stopwatch to the nearest second and will announce “START”, as well as 15-second intervals.
3. Members will begin face down on the floor with elbows bent, forearms flat on the floor/mat, with the body in a straight line through the head, shoulders, back, buttocks and legs.
4. Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the floor or lying flat with palms touching the floor. Forearms may be parallel or angled inward, but the hands cannot be clasped together.
5. Feet should be placed hip-width apart. Hips must be lifted off the floor with only the forearms, hands and toes on the floor. Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.

6. Toes, forearms and fists or palms must remain in contact with the floor/mat at all times and folding of hands is not permitted. No other part of the body may contact the vertical support surface.
7. Involuntary muscle spasms (e.g., shaking, trembling, or quivering) resulting from maximum exertion during the exercise is anticipated and permitted as long as the proper forearm plank position is maintained.
8. Forearm plank ends when maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed, any part of the body other than hands (fists/palms) forearms, or feet touch the floor, member lowers head to hands, member lifts hands, forearms or feet off the floor, member does not maintain 90 degrees at the elbow (i.e., shifting weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).
9. If the member receives more than two corrections on form. The third correction will stop the assessment and the time will be recorded. This will be the official forearm plank time (score) of the member.