

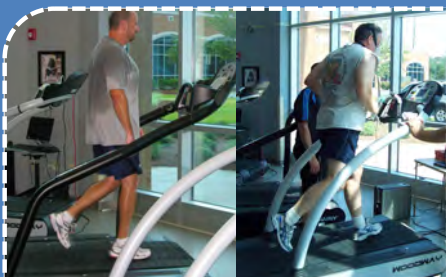


WFI FITNESS ASSESSMENT

- TESTING PROTOCOLS -



AEROBIC CAPACITY AND RECOVERY



TREADMILL
(Time, Heart Rate)



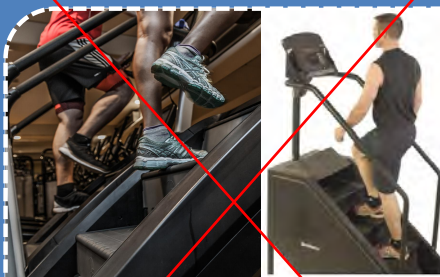
KNEE / BACK

Instructions

1. 3 min, 3 mph @ 0% grade,
2. 1 min, 4.5 mph @ 0% grade,
3. 1 min, up 2% grade OR 0.5 mph

Evaluation Criteria

- Time to fatigue
- RPE after each minute
- HR @ 1, 2, 3 min recover



STEPMILL
(Time, Heart Rate)



KNEE / BACK

Instructions

1. 2 min, level 4 @ 46 steps/min
2. 1 min, level 5 @ 53 steps/min
3. 1 min, up level begin at 7 (65/min)

Evaluation Criteria

- Time to fatigue
- RPE after each minute
- HR @ 1, 2, 3 min recover

SPEED AND POWER



VERTICAL JUMP
(Height, Power)



KNEE / BACK

Instructions

1. Squat to knee angle 90°, pause
2. Jump as high as possible, with arms
3. Best of three max effort jumps

Evaluation Criteria

- Jump height
- Power (using body mass)
- Knees @ take-off/land

STRENGTH AND ENDURANCE



PUSH-UP
(Repetitions)



BACK / SHLD

Instructions

1. Cadence of 80 bpm (up and down)
2. Lower to 5" depth (chin must touch)
3. Body remains straight (head to toes)

Evaluation Criteria

- Maximum repetitions
- Number and type warnings
- Shoulder position



HOR. PULL-UP
(Repetitions)



BACK / SHLD

Instructions

1. Bar height – off floor when arms straight
2. Knees bent, feet flat on floor
3. Raise to 5" distance (chest must touch)

Evaluation Criteria

- Maximum repetitions
- Number and type warnings
- Shoulder position



SIDE PLANK
(Time)



BACK / SHLD

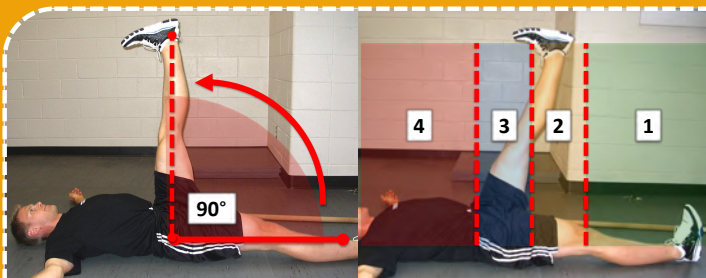
Instructions

1. Bridge on elbow, both feet (top front)
2. Elbow under shoulder, forearm on floor
3. Body remains straight (head to toes)

Evaluation Criteria

- Time to fatigue
- Number and type warnings
- Shoulder position

MOBILITY AND FLEXIBILITY



STRAIGHT LEG RAISE
(Hip Flexion Angle)



BACK

Instructions

1. Flat on floor, raise one leg high as possible
2. Raised leg straight, opposite on floor
3. Pause at end range for 3s (no bounce)

Evaluation Criteria (Angle)

- Angle between the thighs
- Back alignment
- Position of foot on floor (up)

Evaluation Criteria (Score)

- Distance leg raised (4 to 1)
- Back alignment
- Position of foot on floor (up)



SHOULDER RANGE OF MOTION
(Shoulder Reach Distance)



BACK / SHLD

Instructions

1. Make fist with both hands, thumbs inside
2. Reach over shoulder (R and L separately)
3. Reach under shoulder (R and L separately)

Evaluation Criteria (Distance)

- Fist - shoulder distance (over)
- Fist - shoulder distance (under)
- Back alignment

Evaluation Criteria (Score)

- Fist - shoulder distance (over)
- Fist - shoulder distance (under)
- Back alignment

PERFORMANCE **REDEFINED.**