



## Exercise Test

Test	Exercise	Measure	Links & Modifications
CV (Ruffler functional test)	Squats	See Notes*	<a href="https://youtu.be/rMvwVtlqjTE">https://youtu.be/rMvwVtlqjTE</a>
Upper body strength	Push Up	Number in 60 secs	Standard <a href="https://youtu.be/Eh00_rniF8E">https://youtu.be/Eh00_rniF8E</a> Knee <a href="https://youtu.be/WcHtt6zT3Go">https://youtu.be/WcHtt6zT3Go</a> Wall <a href="https://youtu.be/JJg2Avvd5WY">https://youtu.be/JJg2Avvd5WY</a>
Core strength	Plank	Time held Only use one of these	Standard <a href="https://youtu.be/9qMOM8DrIY">https://youtu.be/9qMOM8DrIY</a> Bird dog <a href="https://youtu.be/8Fc6ZO8owZk">https://youtu.be/8Fc6ZO8owZk</a> Bear <a href="https://youtu.be/uBrF5VfxrmM">https://youtu.be/uBrF5VfxrmM</a>
Lower body tone	Wall sit	Time held	<a href="https://youtu.be/-0Q7Lds7B8A">https://youtu.be/-0Q7Lds7B8A</a>
Lower body strength	Squat	Number in 60 secs	<a href="https://youtu.be/rMvwVtlqjTE">https://youtu.be/rMvwVtlqjTE</a>
Balance	One leg stand	Time until lose balance**	
Explosiveness	Wall jump	*** measure jump height	<a href="https://youtu.be/e6o_sZ72MpA">https://youtu.be/e6o_sZ72MpA</a>
Flexibility	Lower back/Hamstring	Distance of stretch	<a href="https://youtu.be/uBrF5VfxrmM">https://youtu.be/uBrF5VfxrmM</a>

Get a value for each of the above dimensions, taking care to do each exercise in the best possible form.

There is little benefit in saying you can do 100 push ups for example, if only 10 of these are of the correct form!



## Notes

\*Metronome 40 Beats per minute (Phone app)

Lie down for 2 minutes and take Pulse	P1	You want to measure your resting pulse (take over 15 seconds and then x by 4)
Squat in time with the beat for 30 secs/45 sec		
Take Pulse at set time	P2	As above
Wait for 60secs take pulse	P3	As above As you get fitter, your recovery pulse should drop

\*\* Do this near a work surface for safety  
stand on one leg with raised foot  
against the straightened leg.  
Arms to your side without touching anything  
Close your eyes!  
Measure the time you can remain still!

\*\*\* Stand outside next to the wall, you need some chalk  
raise one arm as high against the wall as you can, mark that position  
move away from the wall and perform a practice jump  
move back to the wall  
Taking care not to scrape your arm/elbow on the wall  
Jump as high as you can and mark the wall repeat twice more  
Measure the difference between the mark of the highest jump  
Use the video for technique