

Sit and Reach Test

The sit and reach test is a flexibility test for the hamstrings and lower back. The test involves pushing an indicator from shin level past your toes with your knees straight.

Vertical leap Test

The vertical leap Test is a leg power test, assessing how high you are able to jump relative to your height.

Cadence Pushup Test

Candidates are to conduct maximum repetitions of two second cadence push ups. For more information see the Push ups link.

Seven Stage Sit up Test

Level	Rating	Description
0	Very poor	Cannot perform level 1
1	Poor	With arms extended, the athlete curls up so that the wrists reach the knees
2	Fair	With arms extended, the athlete curls up so that the elbows reach the knees
3	Average	With the arms held together across abdominals, the athletes curls up so that the chest touches the thighs
4	Good	With the arms held across chest, holding the opposite shoulders, the athlete curls up so that the forearms touch the thighs
5	Very good	With the hands held behind head, the athlete curls up so that the chest touches the thighs
6	Excellent	As per level 5, with a 5 lb (2.5 kg) weight held behind head, chest touching the thighs
7	Elite	As per level 5, with a 10 lb (5 kg) weight held behind head, chest touching the thighs

Yo-Yo Intermittent Recovery Test

The Yo-Yo Intermittent Test is a test of the ability to undertake intermittent exercise. Candidates in this test have a short 10 seconds active break after each 40m (2 x 20 m runs), with the speed increasing at intervals. There are two versions of the Yo-Yo Intermittent Recovery Test: the Level or Stage 2 test starts at 13 km/hr.

stage	speed level	speed (km/hr)	shuttles (2 x 20m)	accumulated dist. covered (m)
1	11	13.0	1	40
2	15	15.0	1	80
3	17	16.0	2	160
4	18	16.5	3	280
5	19	17.0	4	440
6	20	17.5	8	760
7	21	18.0	8	1080
8	22	18.5	8	1400
9	23	19.0	8	1720
10	24	19.5	8	2040
11	25	20.0	8	2360
12	26	20.5	8	2680
13	27	21.0	8	3000
14	28	21.5	8	3320
15	29	22.0	8	3640

5km March Test

Candidates are to conduct a 5km, March with 40kg weight in the pack and webbing. Running or shuffling during the march is not permitted however if one foot is on the ground at all times it is considered a fast walk. The test is conducted on a grass, 1km loop track.