

Review the IFT Instructional Video before conducting your test.

<https://m.youtube.com/watch?v=5VI3esLDFSk>

After review, please do a dry land self assessment, within the next 5 days. Notify me ASAP if this will be late:

Record Pull ups, sit ups, and push ups on Marco Polo. Record run using a GPS tracker app or in a full size measured track (1.5 miles will be 6 laps) and take a picture of your watch/stop watch at the end.

1) 2 minutes max number of pull ups. Most people will not use the full two minutes. You can stop and rest and hang from the bar, but if you come off the bar the exercise is terminated. Be brutally honest with yourself - 6 good pull ups and 2 kinda good pull ups is 6 pull ups on the test

2) 2 minute rest

3) 2 minutes max sit ups. No resting, if you stop before 2 minutes is up, that is your score (example, 35 sit ups, stopping at 1:30, would be 35)

4) 2 minute rest

5) Max number push-ups. You can rest in the upper plank position, but feet and hands must stay in contact with the ground. You cannot lay down, you cannot put your knees down, you cannot put your butt in the air

5) 10 minute rest. Hydrate a little

6) 1.5 mile run as fast as possible. Do NOT test on a treadmill. Use a measured track or run outside on flat ground and use a GPS run tracker to record time and distance.

Let me know if you have questions. Once complete, text your results to me. Thanks!