

Deadlift

Any stance

No belt

No straps

No wraps

Squat

No belt

No wraps

No sleeves

To at least parallel

Pull-Up

Any grip

Start from dead-hang

Chin above bar

No kip

Bench

No wraps

No belt

Touch chest

No bounce off chest

Overhead Press

No equipment

Start below chin

Strict press

Arms Must be straight at the top

Squats

50% added body weight

Down to at least parallel

No more than 3 seconds rest in top or bottom position

Pushups

Down to parallel

Straight body

No more than 3 seconds rest in top or bottom position

Pullups

Return to dead-hang after each rep

No kip

Chin above bar

No more than 3 seconds rest in bottom position

Plank

Strict forearm plank position
No adjustments

Vertical Jump

No run up (Standing Vertical)

Chest Launch

Kneeling position
Can sit all the way back to toes
Can fall over after throw
Cannot favor one side

Power Clean

Start from either floor or hanging
Catch in top position above parallel squat position

100 Meter Sprint**Posterior Flexibility****Anterior Flexibility****Lateral/Medial Flexibility**

Warm-up recommended
Must hold position for 20 seconds

VO2 Max

Can be assessed with any of the following VO2 max assessments:
Maximal Direct
Balke
Rockport
1.5 mile

2 Min Distance

Can be completed on treadmill

1 Hour Distance

Breaks allowed but time must continue
Treadmill must come to a full stop if taking a break

CO2 Tolerance

Rest for ~5+ minutes
Purging not allowed
In-Out-In- Hold
Once you breathe in time stops

Agility

Spider web test

Cones placed

Balance

Must hold position on both sides for at least 30 seconds

Coordination

Each level should be caught 5 times in a row with each hand