

# **Broadwater Dragons Fitness Testing**

## **Body Weight**

The paddlers weight will be recorded on the same day of testing.

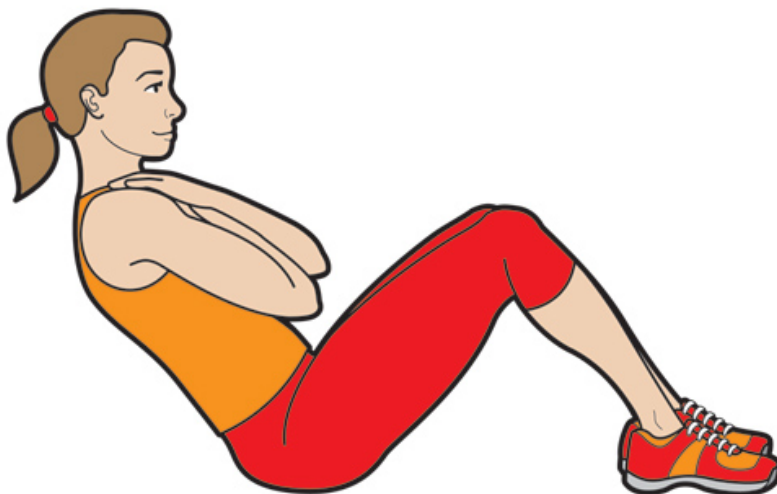
### **1. Situps**

**Scoring:** The maximum number of correctly performed sit ups in 2 minutes.

**Procedure:**

1. The starting position is lying on your back with your knees bent (heels approximately 10 inches from your buttocks) and feet flat on the floor. (
2. (Women) Arms should be folded across your chest with hands touching your upper chest or shoulders. (Men) Hands should be interlinked or touching the back or the side of the head. A second person is permitted to hold the lower legs or ankles to keep the feet on the floor.
3. On the command 'go,' start the crunch by raising your upper body forward till the elbows touch the thighs while maintaining contact between your hands and chest/shoulders. Then return to the floor until your shoulder blades touch the ground.
4. This is counted as one complete sit up. Repeat this for two minutes.

**Comments:** No bouncing or arching of the lower back is allowed, and the buttocks and feet must remain in constant contact with the floor throughout the test. Resting during the exercise is permitted in either the up position, but cannot hold on to their legs in order to stay up. Shoes are optional.



## 2. Pushups

**Scoring:** The maximum number of correctly performed sit ups in 2 minutes.

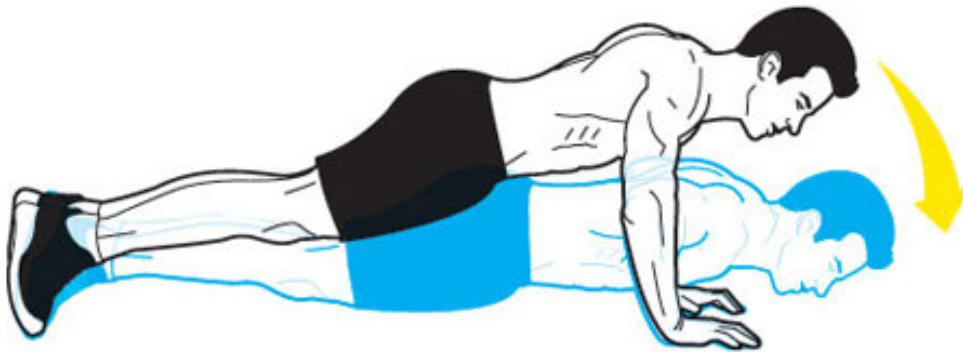
### Procedure:

1. Position hands palms-down on the floor, approximately shoulder width apart. They should be about next to your shoulders, with your elbows pointed towards your toes.
2. Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet.
3. Make a plank from your head to your heels.
4. Lower your torso to the ground until your elbows form a 90 degree angle. Keep your elbows close to your body and keep your head facing forward.
5. Raise yourself by attempting to push the ground away from you. Breathe out as you push.
6. Continue the push until your arms are almost in a straight position again (but not locked).

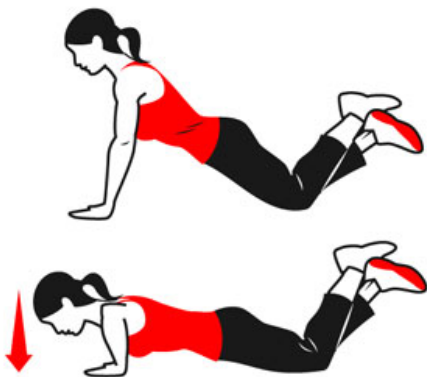
This is counted as one complete pushup. Repeat this for two minutes.

### Comments:

Warm up before you start. Go through the whole range of the moment. Make sure you movement is a nice fluid motion



*Modified version for females if standard pushup is not possible.*



### 3. Pull Up

**Scoring:** The maximum number of correctly performed pull ups in 2 minutes

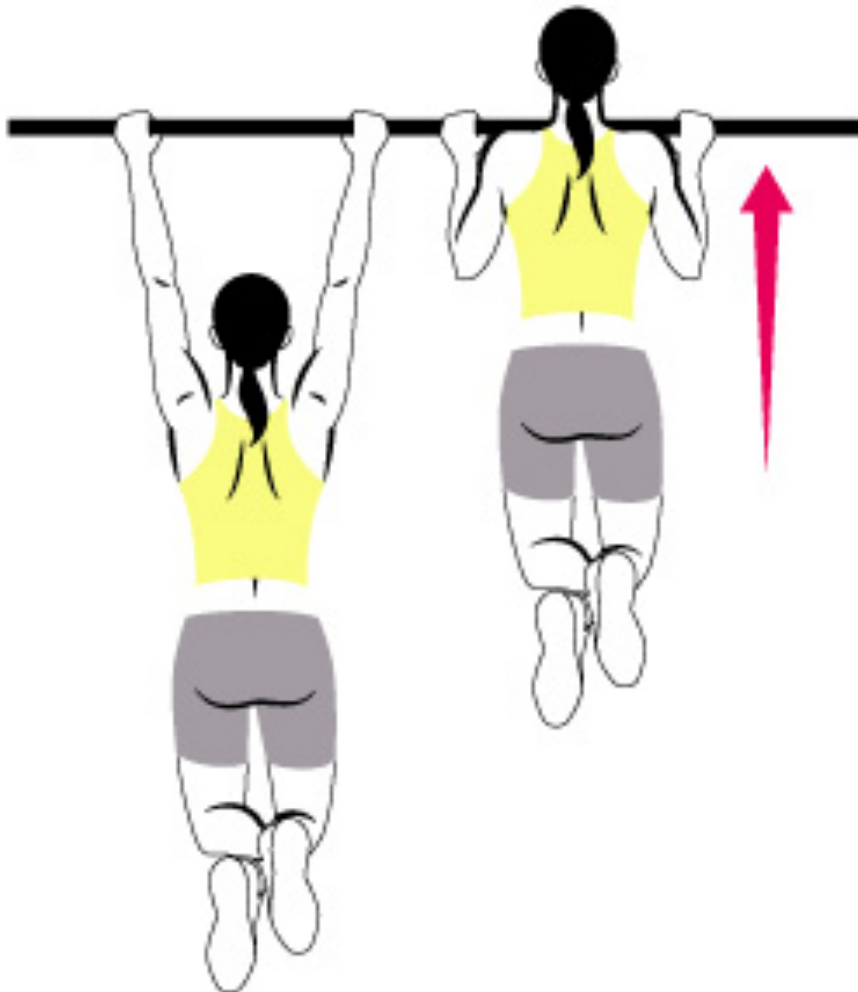
**Procedure:**

Standard dead-hang pull up is grasped with palms facing away from you with about just more than shoulder width apart.

Keeping your core tight while engaging your back and lats, bring yourself up until your chin passes above the bar, then lower yourself down into the starting position until arms and shoulders are fully extended.

**Comments:**

A traditional pull-up relies on upper body strength with no swinging or using your neck for added momentum.



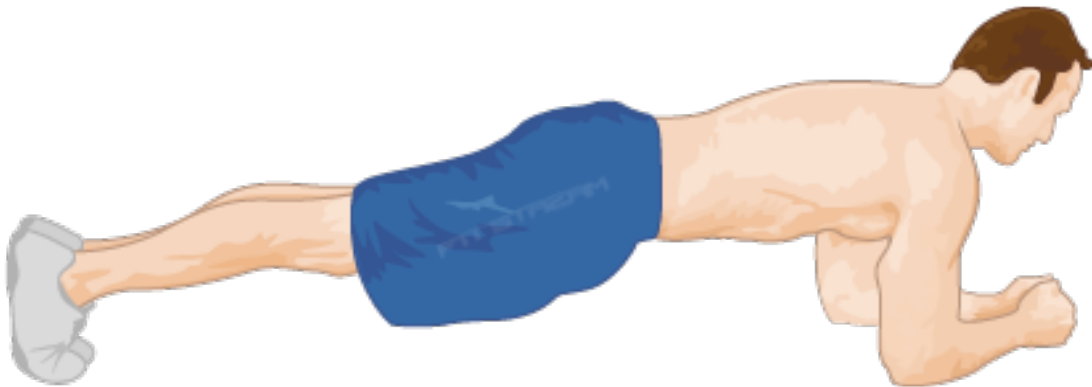
## 4. Planks

**Scoring:** Holding the plank position for 3 minutes

**Procedure:**

1. Get into pushup position on the floor.
2. Now bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet.
3. Hold the position for as long as you can.
4. Your goal should be to hold it for three minutes.

**Comments:** For practice perform planks several times each day, trying to hold the position a little longer each time.

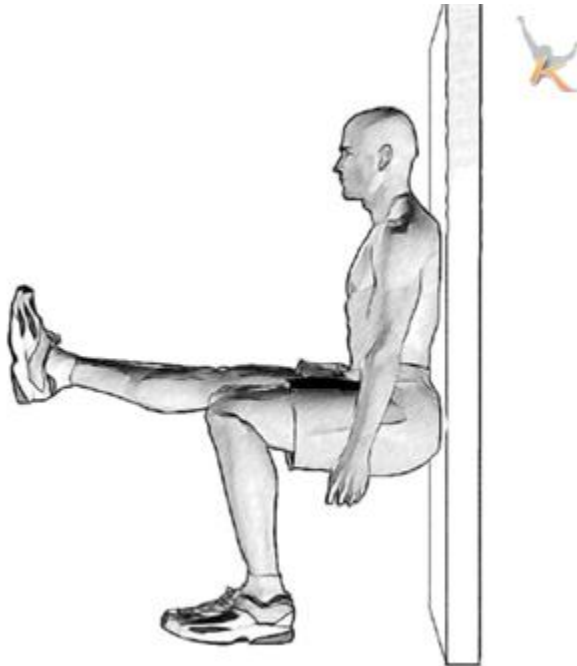


## 5. Wall Sit Test

**Scoring:** the total time in seconds that the position was held for each leg is recorded.

**Procedure:**

1. Stand comfortably with feet approximately shoulder width apart, with your back against a smooth vertical wall.
2. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle.
3. The timing starts when one foot is lifted off the ground and is stopped when the subject cannot maintain the position and the foot is returned to the ground..
4. After a period of rest, the other leg is tested.



**Comments:**

Comparing the scores for each leg may indicate muscle weakness on one side.

## 6. Kayak Pro Test

**Scoring:** Recorded and weight adjusted, the scoring is the distance a paddler covers in two minutes with a rate between 50-60 reps.

### **Procedure:**

1. Paddlers may paddle left side or right side and must paddle with the standard Broadwater paddling stroke.
2. A crate will be placed behind the paddler to ensure the paddler does not reach back to far.
3. The testing will be videoed as for coaches to assess correct stroke.
4. At any time a coach is present, paddlers are permitted to try and improve on their score.

**Comments:** Paddlers are permitted to increase the paddling rate for 20 strokes to 'power up'. Paddlers should warm up before testing. Practise before hand, makes a big difference in score attained



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