

TID Physical Conditioning and Flexibility Test

Pull Ups:

- Maximum points for 20 repetitions
- Either hand position may be used.

Pike handstand Push Up:

- Maximum points for 20 repetitions
- Legs are on box, pike position in hips, straight line between arms and upper body, lower to head touch and back up

Hanging Leg Lifts:

- Touch bar with straight legs
- Maximum points for 20 repetitions
- ½ points for bent legs

Long jump:

- Minimum points for 5 feet long jump

Russian squats:

- Maximum points for 20 repetitions

Mobility:

Pike & Reach with straight legs together:

- Chest on legs =Best
- Head on legs =Better
- Elbow on legs = Good

Straddle-Sit & Reach with straight legs:

- Chest on floor =Best
- Head on floor =Better
- Elbows on floor = Good

Back Bridge (Backbend):

- Chest against wall with straight arms & straight legs = Best
- Chest against wall with straight arms = Better
- Chest away from wall with straight arms & legs =Good