

Instructions

- Watch the video first!
- Do this when well-rested
- Do all the exercises, in order
- Perform all exercises with good form!
- Get a friend to help
- Do your best! Only compete against yourself

Enter your results:

www.rollerderbyathletics.com/fitness-test

1. Cadence Push-up

YOU NEED:

metronome @ 40bpm; mat

TEST:

perform push-ups in time with the cadence.

2 beats = 1 pushup

SCORE: maximum reps achieved while maintaining the cadence

DO: hit 90 degrees with your elbows; do push-ups from your knees if needed.

DON'T: raise or drop your hips

2. Agility

YOU NEED:

stopwatch; removable tape in a 3' cross

TEST:

hop into each quadrant as fast as possible

in 10 seconds

SCORE: average of the # of quadrants hit in

10 seconds, in clockwise & ccw directions.

Subtract 0.5 for each touch of the tape.

DO: keep feet together, have a friend time

DON'T: flail your arms

3. Vertical Leap

YOU NEED:

measuring device, tape, chair

TEST:

from standing, leap as high as possible

SCORE: difference from standing reach to high point of jump reach, in inches.

Best of 3 attempts.

DO: descend quickly & deeply into a squat before the leap

4. Core

YOU NEED:

mat; stopwatch

TEST:

sustain a plank, with set variations, for as long as possible

SCORE: elapsed time to failure

DO: keep neck neutral, hips parallel to floor

DON'T: let hips rise up, or sag

5. Endurance

YOU NEED:

stopwatch

TEST:

perform all reps as quickly as possible:

3 rounds of:

20 skater strides, 10 lunge jumps, 60 high knees, 10 squat thrusts

SCORE: total time elapsed for all rounds

DO: maintain good form throughout