

Step 3 - Evaluate Your Fitness Level

Evaluate your fitness level and plan accordingly from period to period.

Fitness evaluations provide immediate feedback about your initial fitness level and measure program effectiveness. Repeating tests at the beginning of every other period will help determine if your training program is effective, and highlight areas that need improvement or adjustment. The first step in planning your training is to perform a series of exercises.

In order to ensure accurate data, proceed in the following order:

- TIME TRIAL
- PUSH-UPS
- SIT-UPS
- DIPS
- BOX JUMPS

* Rest for 10 minutes between each exercise.

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3,000 meter time trial on a track

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Sit-Ups



Lay on the ground on your back, with your knees bent at a 90 degree angle. Place your hands on your elbows and keep your arms tight to your body during the exercise. Keep your feet under the bench or use a partner to hold your feet down. Perform a sit-up to the position that your arms touch the upper part of your hips. Go down until your shoulder blades touch the ground.

The exercise should be performed for one minute, then followed by one minute rest and performed again for one minute.

If you cannot do the exercise for one minute, stop after exhaustion and wait until the time of exercise runs out before you take a minute of rest. If you cannot perform the exercise following protocol because of body exertion, stop counting repetitions and end the exercise. Rest is allowed in the initial position.

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Dips



Brace yourself on the parallel bars with your elbows straight and feet hanging. Lower yourself. Go down until the upper arm is parallel to the bars. Push back to the start position.

Perform as many repetitions as possible in one minute, followed by one minute rest and then performed again for one minute.

If you cannot do the exercise for one minute, stop after exhaustion and wait until the remaining time of the exercise expires before you take a minute of rest. If you cannot perform the exercise following this protocol because of body exertion, stop counting repetitions and end the exercise. Rest is allowed in the initial position.

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Push-Ups



Put your hands at shoulder width right under your shoulders. Maintain your body in a straight line during the exercise. Place a tennis ball right under your chest and lower your body with your arms until your chest touches the ball. Return to the start position.

Exercise should be performed for one minute, then followed by one minute rest and performed again for one minute.

If you cannot do the exercise for one minute stop after exhaustion and wait until the remaining time of exercise expires before you take a minute of rest. If you cannot perform the exercises following protocol because of body exertion, stop counting repetitions and end the exercise. Rest is allowed in the initial position.

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Box Jumps



This exercise is performed for 90 seconds on a box 15" high for males and 13" high for females. The exercise can be started from either side of the box.

From your chosen side jump to the top, down on the other side and back to the top, etc. It counts as one jump every time the athlete jumps to the top of the box. Every jump has to be performed from both feet simultaneously.