

Wesleyan Squash Team 2018-19

Fitness Test

Name:

Date(s):

Date of Birth:

Height:

Weight:

Instructions:

1. If the tests are being done on one, single day do them in this order: Power/Explosiveness, Strength, Flexibility, Aerobic. For the three aerobic tests, do them on separate days. Avoid very hard workouts the day before testing – preferably do them after a day of rest.
2. Warm up completely before testing.
3. Email your results to Tim at tbacon@wesleyan.edu. You can text or phone Tim with any questions (text first before calling works best).
4. Fitness test items must be completed with good form – if in doubt take a photo or video of your technique and send to Tim.

Overview of Fitness Test – Read this & visit links first before testing.

Item	Link to video and/or information if available
Power/ Explosiveness	
Hexagon	https://www.youtube.com/watch?v=OkN5Ht4PjGo
10m Sprint	
Standing Broad Jump	https://www.youtube.com/watch?v=w1YpuvDQn70
Standing Long Hop Right	https://www.youtube.com/watch?v=U1F5uebdUcw
Standing Long Hop Left	https://www.youtube.com/watch?v=U1F5uebdUcw
Spider Test	https://www.youtube.com/watch?v=AaxiK_GlUcM
Strength	
Front Plank	http://www.coreperformance.com/knowledge/movements/pillar-bridge-front.html
Side Plank Right	http://www.coreperformance.com/knowledge/movements/pillar-bridge-lateral.html
Side Plank Left	http://www.coreperformance.com/knowledge/movements/pillar-bridge-lateral.html
Single Leg Squat 60-90 degrees Right	http://www.stack.com/a/single-leg-squat
Single Leg Squat 60-90 degrees Left	http://www.stack.com/a/single-leg-squat
SB Single Leg Curl Right	http://www.coreperformance.com/knowledge/movements/leg-curl-1-leg-stability-ball.html
SB Single Leg Curl Left	http://www.coreperformance.com/knowledge/movements/leg-curl-1-leg-stability-ball.html

Flexibility	
Single Leg Hamstring Right	https://www.youtube.com/watch?v=qj_Dg1F5WME&feature=youtu.be
Single Leg Hamstring Left	https://www.youtube.com/watch?v=qj_Dg1F5WME&feature=youtu.be
Shoulder Tricep Right	https://www.youtube.com/watch?v=FrOKZLkJSeo&feature=youtu.be & https://www.verywellfit.com/shoulder-flexibility-test-3120278
Shoulder Tricep Left	https://www.youtube.com/watch?v=FrOKZLkJSeo&feature=youtu.be & https://www.verywellfit.com/shoulder-flexibility-test-3120278
Lying Shoulder Internal rotation Right	https://www.youtube.com/watch?v=LYfETG3BnsQ & https://www.youtube.com/watch?v=K-Ur_qdHz7s
Lying Shoulder Internal rotation Left	https://www.youtube.com/watch?v=LYfETG3BnsQ & https://www.youtube.com/watch?v=K-Ur_qdHz7s
Rope assisted IT Band Glute Right	http://www.coreperformance.com/knowledge/movements/rope-stretch-it-band-glute.html
Rope assisted IT Band Glute Left	http://www.coreperformance.com/knowledge/movements/rope-stretch-it-band-glute.html
Rope assisted adductor stretch right	https://www.youtube.com/watch?v=4kYW3Zc9lJE
Rope assisted adductor stretch left	https://www.youtube.com/watch?v=4kYW3Zc9lJE
Lying Hip Flexor (Thomas) Right	https://www.youtube.com/watch?v=EocfXx18uFs
Lying Hip Flexor (Thomas)	https://www.youtube.com/watch?v=EocfXx18uFs
Aerobic	
Beep	https://www.youtube.com/watch?v=d4FASds6W1k & https://www.youtube.com/watch?v=lroAhVO83il&feature=youtu.be
2 X 100 Touches	n/a
Lifecycle Steady State	Instructions: https://www.livestrong.com/article/461725-how-to-calculate-your-vo2-max-for-cycling/
5K	n/a

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Your Self-Evaluation of your current fitness (compared to “best shape” or “top college players”)

Explosiveness/Agility/Speed/Power:

Strength:

Flexibility:

Aerobic Endurance:

Test Instructions

Item	Instructions	Result
Power/ Explosiveness		
Hexagon	<ol style="list-style-type: none"> 1. Using masking tape, mark a 24" per side hexagon on the floor with angle of 120°. 2. Start by standing in the middle of the hexagon facing forward, as he/she must for the duration of the test. 3. Begin by jumping forward over the tape with both feet and immediately back into the hexagon when the command "ready, go" is given. 4. Continuing to face forward, jump over all 6 sides and back to the middle for 3 full revolutions recording the time. 9. Three attempts with at least 3 minutes between attempts. Touching a line is a FAULT so avoid doing this if at all possible. If you cannot a .5 (half-second) penalty will be given with each line touch. 	
10m Sprint	Use a tape measure to mark out a 10 meter run. Have a friend say "go" and time your run. Take the best of three attempts with 3 min. between each attempt.	
Standing Broad Jump	Use tape to mark a starting line on the ground. Use maximal effort (including arms) to jump as far as possible landing on both feet, with your score being the distance between your rearmost heel and the starting line. Three attempts with 1-2 min. between attempts.	
Standing Long Hop Right	As above but with a one-foot takeoff and a two-foot landing.	
Standing Long Hop Left	As above but with a one-foot takeoff and a two-foot landing.	
Spider Test	As per the informational video, find a tennis court and position the five tennis balls at the appropriate intersection of the court lines. Use tape to define a rectangle by the T in the center of the baseline into which the balls must be PLACED (tossing the balls is a failed attempt). Three attempts with at least 3-5 minutes between attempts.	
Strength		
Front Plank	Record the number of seconds – goal is at least 60 seconds.	
Side Plank Right	Record the number of seconds – goal is at least 60 seconds.	
Side Plank Left	Record the number of seconds – goal is at least 60 seconds.	
Single Leg Squat 60-90 degrees Right	Following the general procedure outlined in the informational video, find a bench or chair that can be used as an appropriate guide for squat depth – you can touch the bench/chair lightly at the bottom of each squat. Movement must be slow and controlled taking about 4 seconds for each repetition. Note and record the height of the bench/chair used and the approximate angle of your knee bend (should be between 60-90 degrees). Record the number of complete squats. (Note: taller people can use a standard chair and shorter people a bench to best approximate 90 degrees).	
Single Leg Squat 60-90 degrees Left	As above using the other leg.	

SB Single Leg Curl Right	Warm up your hamstrings by doing a few two-legged SB leg curls with some hamstring stretches. Using a stability ball of appropriate height (see this link: https://physioworks.com.au/FAQRetrieve.aspx?ID=31095) lie down and place your right heel (toes towards shin) in the top center of the stability ball maintaining a plank position with your left leg bent at about 90 degrees. Record the number of complete leg curls – goal is 10-12.	
SB Single Leg Curl Left	As above with the left leg.	
Flexibility		
Single Leg Hamstring Right	Warm up and stretch your hamstrings. In a lying position, COMPLETELY straighten your leg with your toe pointed towards your shin, raise your right leg upwards as far as you can and hold your final position for a minimum of 5 seconds. Goal is at least 90 degrees to the floor – note and record the approximate number of degrees if you cannot reach 90.	
Single Leg Hamstring Left	As above with the other leg.	
Shoulder Tricep Right	Warm up your shoulder muscles. Reach over and behind with your left and behind and under with your right hand and try and touch or interlock your fingers (the goal). If you are unable to do this have a partner record the distance in inches between your fingers – this is your score.	
Shoulder Tricep Left	As above with the other arm.	
Lying Internal shoulder rotation Right	Following the instructions in the informational video GENTLY (20-30% - very light resistance to avoid rotator cuff injury) do a few warmup stretches. When ready gently stretch as far as you can – your score is the distance between your flat hand and the floor. Three attempts (do NOT force this stretch).	
Lying Internal shoulder rotation Left	As above with the other arm.	
Rope assisted IT Band Glute Right	After warming up and stretching your leg muscles follow the instructions on the information video and use the rope to try and stretch your leg out across your body to 90 degrees (the goal) making sure to keep your back and shoulders completely in contact with the floor. If you cannot reach 90 degrees record the number of degrees that you are “short” and this is your score.	
Rope assisted IT Band Glute Left	As above with other leg.	
Rope assisted adductor stretch right	After warming up and stretching your leg muscles follow the instructions on the information video and use the rope to try and stretch your leg out to 90 degrees (the goal) making sure to keep your back and shoulders completely in contact with the floor. If you cannot reach 90 degrees record the number of degrees that you are “short” and this is your score.	
Rope assisted adductor stretch left	As above with the other leg.	

Lying Hip Flexor (Thomas) Right	Lie down on your back on a table with both legs hanging off the edge – the midpoint of your upper leg (thighs/femur) lined up with the edge of the table. Hug your bent left leg to your chest and then you or a partner can observe your right leg: in order to “pass” the test the back of your right thigh must be in full contact with the table – if it is not in full contact you have tight hip flexors. Scoring is “pass/fail”.	
Lying Hip Flexor (Thomas)	As above with the other leg.	
Aerobic		
Beep	Download the Beep Test audio file (here is one tested source http://www.bleeptests.com/) and use a tape measure to mark out a 20 metre course. Warm up with a slow jog at 60-70% for 5 min. and 2-3 min. of any necessary stretching then start and follow the instructions on the tape recording your final level when you stop.	
2 X 100 Touches	Warm up with a slow jog at 60-70% HRmax (220-age) and 1-2 min. of any necessary stretching. Run 100 touches as quickly as you can, rest 90 sec. and run again.	
Lifecycle Steady State	Use the “manual” program and warm up for 5 mins. at about 60-70% of HRmax (220-age). When ready, quickly find the resistance level for a 20 min. maximal yet sustainable effort – i.e., at the same level and number of watts. Note and record the average watts, level and heart rate. Multiply watts by 10.8 & divide by bdywt. In kg. then add 7 to get VO2 max. estimate.	
5K	Warm up with a slow jog (60-70% HRmax – 220-age) for 5 min. followed by 2-3 min. of any needed stretching. *If you do not run regularly (2 x wk.) and/or have had prior leg injuries (knee, hip, hamstring, shin splints, etc.) you do NOT have to complete this test. 21 min. for men & 24 min. for women would be a minimal level of fitness & top college males would run 18:00 min./21 min. for females.	