



Point to Point Fitness Standards

Physical Characteristic	Assessment	Athlete Score	Benchmark
Single Leg Muscular Capacity <i>(Quadri-cep Emphasis)</i>	Single Leg Squat Test	Left Leg = Right Leg =	>35 reps
Single Leg Muscular Capacity <i>(Hamstring Emphasis)</i>	Single Leg Hamstring Bridge Test (60cm box)	Left Leg = Right Leg =	>25 reps
Upper Body Pushing Capacity	Push-Up Test (max reps)	Maximum Reps =	Male >30 reps Female >20 reps
Lateral Trunk Capacity	Side Plank Test	Left Side = Right Side =	>120 seconds each side
Maximal Aerobic Speed (vVo2 Max)	2km Run (<i>Time Trial</i>)	Time =	<10 minutes

PTP Testing Procedure

Lower Limb Assessment's (Muscular Capacity)

Single Leg Squat

- Subjects sit on box/or bench with the test leg bent to 90 degrees and 10cm away from box/or bench.
- Test commences from the standing position with arms folded across the chest, with the non-tested leg suspended in the air in a self-selected, comfortable position.
- Subjects are then required to squat down on the tested side, to the box/or bench, under control until the gluteus make soft contact with the box and then immediately stand back up to the upright position.
- This is repeated without pause for a maximum number of repetitions, and then repeated on the other leg, following a period of 60 second's rest.
Record total number of repetitions for each leg and calculate the asymmetry.



Single Leg Hamstring Bridge (60cm box)

- Subjects lie supine on the floor with one heel elevated on a 60cm box/bench.
- The knee of the test leg should be bent at 20 degrees with the non-tested leg suspended in the air at 90 degrees, and arms folded across the chest.
- Subjects dig the heel into the box and lift their hips to full extension where a tester will place their hand/dowel rod as a marker, before lowering under control back to the start position.
- This is then repeated without pause for a maximum number of repetitions, contacting the marker.
- Complete all repetitions on one leg and then repeat on the other side.
- Record total number of repetitions for each leg and calculate the asymmetry.

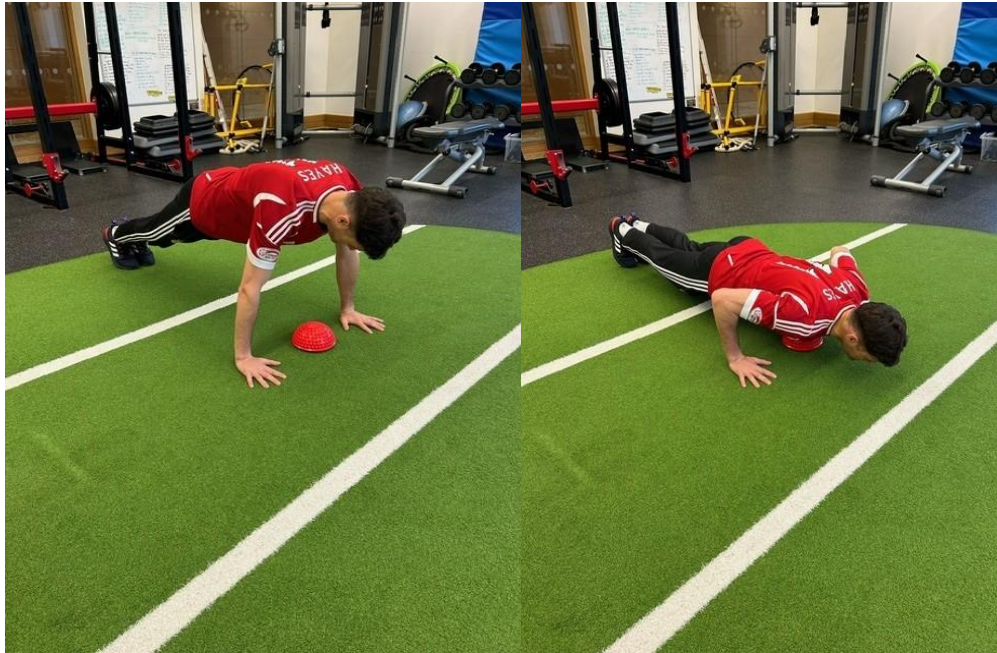


Upper Limb Assessment's (Muscular Capacity)

Push-Ups (max repetitions)

- The athlete assumes press-up position on the force plates, with self-selected hand position. The athlete should wear trainers and hold the feet hip-width apart.
- The tester should position a hedgehog cushion under middle of athlete's sternum.
- Stop test if exaggerated lumbar lordosis is seen.
- Athlete lowers body from full elbow extension until their torso contacts the hedgehog, before returning to the start position. The athlete is instructed to hold their body in normal spinal postures.
- A controlled eccentric and concentric movement should be used at a tempo of 1X1.

The tester should look for compensatory strategies such as excessive lumbar lordosis. The athlete should be given no more than one warning to correct their technique before the test is stopped and deemed complete. Record total number of repetitions completed until failure is reached.





Spinal/Trunk Assessment's (Muscular Capacity)

Side Plank (L/R)

- The test should be performed with the subject side lying on a cushioned mat.
- The athlete is instructed to place their top foot directly in front of the lower foot. Subjects are then instructed to support themselves lifting their hips off the mat to maintain a straight line over their full body length and support themselves on one elbow and their feet.
- The uninvolved arm should be held across the chest with hand placed on opposite shoulder.
- Do not allow athlete to drop hips towards floor or rotate through the torso. The athlete should be given no more than one warning to correct their technique before the test is stopped and deemed complete. Record time in seconds athlete can maintain the plank position.
- Record total time, rest for 60 seconds and repeat on the other side.





2 km Time Trial Run (Maximal Aerobic Speed Test)

- Run a 2km distance as fast as possible. Record time to competition.