

Hips and Groin

FIRELOG

Sit with ankles aligned with knees. top foot hangs off the side of the knee.
Measure space between top knee and ankle.



Scoring:

<1 Fist = flexible

> 2 Fist = tight

GARLAND

Set your feet hip width apart, no more than 12 degrees outward
Squat down
Measure the space between your calves and thighs



Scoring:

<1 Fist = flexible

> 2 Fist = tight

SPHINX LEG LIFT

In Sphinx pose, lift one leg off the ground.
Keep both hips on the ground.



Scoring:

1: Straight leg raised high = very flexible

2: Straight leg raised low = flexible

3: Bent leg = tight

SEATED FORWARD FOLD

(you get two tries, record the better one)

Set a ruler on the floor stretching away from your heels.

Bend forward and touch the ruler (positive distance) or your leg (negative distance)

Scoring:

+10 cm and above = flexible

- 5 cm and lower = tight



COBBLER Groin

Sitting up straight, bring your heels in as close to your groin as possible.
Measure the distance.

Scoring:

< 10 cm = flexible

> 20 cm = tight



COBBLER Knees

Set your heels about three fists away from your groin
Measure the distance from the floor to your knees

Scoring:

<1 Fist = flexible

> 1 Fist = tight



Balance



TREE BALANCE

Take tree pose

Start your timer.

Stop when your foot touches the floor.

Scoring:

Aim to increase your score next time.

Spinal Flex



CAMEL

Take camel pose as deeply as you can.

Scoring:

3: Hands on low back = tight

2: Fingertips on heels = average

1: Palms on heels = flexible

SIDE BEND

Stand in mountain pose with both arms touching your legs.
Note where your middle fingertips touch. (A)
Bend to the side, keeping the back in plane (try it against a wall).
Note where the middle fingertip lands. (B)



Scoring:

Measure the difference between A & B
Try to get a bigger number next time.

TRUNK ROTATION

Cross a leg over your outstretched leg
Lift your arms high to straighten the spine
Twist spine and neck to cross your opposite arm over the bent knee
Note the angle of your nose and chin in relation to your outstretched leg.



Scoring:

< 50 (130) degrees - tight
90 (180)degrees - maximum

Shoulders

SHOULDER ROTATION

Use a strap as you rotate your arms all the way up, behind and down.
Each try, bring your hands a little closer.



Scoring:

When you can no longer do the movement, measure the length of the strap between your hands
Try to get a smaller number next time

COW FACE

Reach behind and try to clasp the upper fingers and lower fingers.



Scoring:

1 fingers are clasped = flexible
2 fingers are lightly touching = average
3 fingers are not touching = tight

LOCUST

Stand a ruler upright in front of you (tape it to the wall)

Lie on your stomach with feet on the floor

Stretch your arms out towards the ruler

Keep your forehead on the ground and lift your arms

Scoring:

Measure the distance from your hands to the floor

Try for a bigger number next time.



Endurance

SIT UPS

Set a timer for 1 minute

Do as many sit ups as you can

(See image for correct form)

Scoring:

Try for more next time.



PLANK

Hands aligned under shoulders

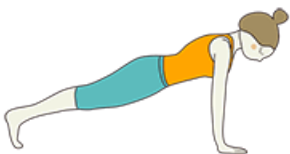
Feet hip width apart

Hips lifted in a line with shoulders and feet,

Scoring:

Start your stopwatch and see how long you can hold your plank.

Try for a longer time next time.



STEP TEST

Use a stair, curb or block between 15 and 50 cm high.

Step UP with one foot, then the other.

DOWN with one foot, then the other

(UP UP DOWN DOWN)

Keep a steady pace for 3 minutes; it doesn't have to be fast.

Scoring:

Immediately after stopping, take your pulse for 1 minute

Your score is determined by age/gender.

See the chart here: <https://www.topendsports.com/testing/tests/home-step.htm>

