



PERFORMANCE TEST

1. PUSHUPS - 2 MINUTES - MAX REPS

FFR WILL BE SCORED FOR PERFORMING MAXIMUM PUSHUPS IN 2 MINUTES.

EXECUTION: FFR WILL START AT TOP OF PUSHUP POSITION (ELBOWS STRAIGHT) AND LOWER BODY UNTIL SHOULDERS LOWER TO ELBOW LEVEL (90 DEGREES OF FLEXION), EXTENDING BACK TO TOP OF PUSHUP FOR 1 REP. FFR WILL HAVE ENTIRE 2 MINUTES TO COMPLETE AS MANY REPS AS POSSIBLE.

2. SQUATS - 2 MINUTES - MAX REPS

FFR WILL BE SCORED FOR PERFORMING MAXIMUM SQUATS IN 2 MINUTES.

EXECUTION: FFR WILL START AT TOP OF SQUAT POSITION (FEET AT SHOULDER WIDTH, KNEES AND HIPS STRAIGHT AND EXTENDED. HANDS IN “PRAYER” POSITION) AND LOWER BODY UNTIL ELBOWS TOUCH INSIDE THE QUADS/KNEES, EXTENDING BACK TO TOP OF SQUAT FOR 1 REP. FFR WILL HAVE ENTIRE 2 MINUTES TO COMPLETE AS MANY REPS AS POSSIBLE.

3. CHINUPS - 2 MINUTES - MAX REPS

FFR WILL BE SCORED FOR PERFORMING MAXIMUM CHINUPS IN 2 MINUTES.

EXECUTION: FFR WILL BEGIN IN START POSITION WITH PALMS FACING THEM, AT FULL HANG POSITION ON THE PULLUP BAR. THEY WILL THEN PULL THEMSELVES UP UNTIL CHIN IS ABOVE THE BAR WITH ARMS ONLY (NO LEG ACTION/KIPPING) BEFORE RETURNING TO FULL HANG POSITION FOR 1 REP. FFR WILL HAVE ENTIRE 2 MINUTES TO COMPLETE AS MANY REPS AS POSSIBLE.

4. 200 YARD SHUTTLE - TIMED

FFR WILL BE SCORED FOR THEIR TIME SPRINTING A DISTANCE EQUALING 200 YARDS.

EXECUTION: FFR WILL BEGIN RUNNING THEIR TIMED SHUTTLE ON THE WHISTLE, TIMES WILL BE RECORDED ONCE CONTESTANT HAS RETURNED TO START CONE 4 TIMES.