

Lie face down with your head off the end of a table or a firm bed as shown in A. Make sure your chest is stable and hold your head straight as shown in B. Time your endurance. When your head begins to fall downward or extend due to fatigue (as shown in C and D), the clock stops.

Write down your time:
___/20 seconds

___3-No difference between with and without the head hold
___2-Noticeable difference with arms all the way up
___1-Noticeable difference with arms above shoulder but not all the way up
___0-Can't get your arms over shoulder height



Lift arms above head all the way. Then have someone hold head firmly and retest. Fail if it's easier to lift the arms with head hold.



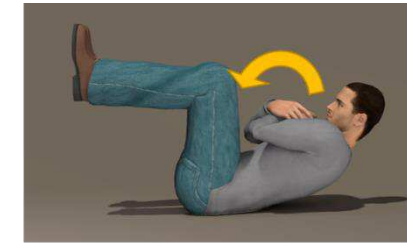
Write down your time:
Men: ___sec/38
Women: ___sec/29

Tuck chin and lift head about 2-3 inches and time. If any loss of height or chin tuck occurs, then stop timing. Normal is 38 sec for men and 29 sec for women.

___3-Able to do 30 reps easily w/o pain
___2-Much effort to get to 30 reps or pain with same
___1-Unable to finish 30 reps due to fatigue or pain
___0-Can't perform at all



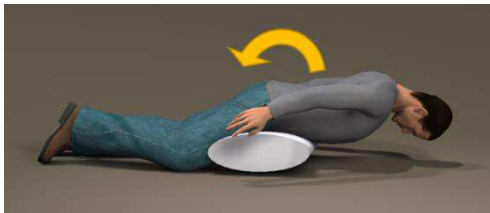
With arm out to the side with the **thumb down**, move the hand completely down and up in the three planes noted. Pass is at least 10 reps slowly (30 up-down movements).



Write down your time:
Men: ___sec/182
Women: ___sec/85

Lie on your back with your hips and knees both at 90 degrees and lift your torso off the ground. Time how long you can hold this position.

Make sure your head/neck are flexed!



Write down your time:
Men: ___sec/208
Women: ___sec/124

Lie on your stomach on a stiff pillow and extend your back so that your chest is off the floor and hold. Time how long you can hold this position.

Make sure your head/neck are flexed!



Stand and balance on one leg and then perform a single leg deep knee bend. Hold for 10 seconds.

Write down your time:
Right: ___sec/10
Left: ___sec/10

The clock stops when you lose any stability or look like the picture on the right!



Stand on one leg as shown and try to balance while holding the ankle steady. Record the number of stable seconds for each side. The clock stops when you feel the wobble.

Write down your time:
Right: ___sec/10
Left: ___sec/10