TID Physical Conditioning and Flexibility Test

Pull Ups:
- Maximum points for 20 repetitions
- Either hand position may be used.

Pike handstand Push Up:
- Maximum points for 20 repetitions
- Legs are on box, pike position in hips, straight line between arms and upper body, lover to head touch and back up

Hanging Leg Lifts:
- Touch bar with straight legs
- Maximum points for 20 repetitions
- ½ points for bent legs

Long jump:
- Minimum points for 5 feet long jump

Russian squats:
- Maximum points for 20 repetitions

Mobility:
Pike & Reach with straight legs together:
- Chest on legs = Best
- Head on legs = Better
- Elbow on legs = Good

Straddle-Sit & Reach with straight legs:
- Chest on floor = Best
- Head on floor = Better
- Elbows on floor = Good

Back Bridge (Backbend):
- Chest against wall with straight arms & straight legs = Best
- Chest against wall with straight arms = Better
- Chest away from wall with straight arms & legs = Good