

FITNESS TEST JOB AID

Pull-up Technique



Technique Reminders:

- Do not use the legs or swing to help complete the movement.
- Fully extend the arms before beginning the next repetition.

Spotting:

Traditionally this movement is not spotted. However, the spotter, to complete repetitions, can provide assistance from the waist of the lifter.

Variation:

Perform the pull-up so that the bar touches the back of the neck. This places added emphasis on the lower latissimus dorsi muscle.

Stage	Action
1 Start/ Finish Position	Grasp the pull-up bar with an open, pronated grip. Position your hands shoulder width apart.
	Allow yourself to hang from the pull-up bar facing forward.
	Keep the legs straight or slightly bent, as long as the feet do not touch the floor.
2 Upward Movement	Pull your body upwards until your chin is even with the pull-up bar.
	Keep your elbows out to the side of your body.
3 Downward Movement	Hold the position briefly and slowly lower your body back to the starting position.

Crunch Technique



Step	Action
1 Start/Finish Position	Place the feet flat on floor, bent at the hips and knees. The shoulders are in contact with the floor. Cross the arms over the chest, and keep them there for the duration of the exercise. <u>Note:</u> Do not tuck the chin in to the chest. There should be enough room between the chin and chest that an apple could be held there.
2 Upward Movement	Slowly and under control, contract the abdominal muscles to lift the shoulders off the floor and move toward the knees. The movement is flexion of the torso.
3 Downward Movement	Slowly return to the starting position. The movement is extension of the torso.

Running Technique

Three Phases:

The table below describes the phases of running and the action that takes place during each phase.

Phase	Action
Start/Finish	The left foot is in contact with the ground. The knee, hip, and ankle of the left side are extending to move the body forward. The right hip, knee, and ankle (dorsal flexion) are flexing preparing for landing.
Flight	The left leg has produced enough force to lift the body off the ground. The left hip, knee, and ankle have fully extended.
Landing	The right leg prepares for landing by quickly flexing and then extending. Upon landing, the right foot is placed below the hips, while the left leg swings through. Once the left leg has swung through, it will return to the start/finish position.