

Comp Womens, Open, and Mixed Dragonboat Crew

2011/12 Fitness Testing Protocol

- 1) **Pull-ups:** Palms out, pull to chin above bar. Arms must be fully extended at hang. Reps to fatigue.
*Minimal kipping/swinging preferred for testing but encouraged during training to optimize your workout.

- 2) **Sit-ups:** Feet flat on floor, arms crossed so fingers are on opposite shoulders, sit up bringing elbows to knees, feet stay flat on floor without assistance. Reps to fatigue.
Testing will have someone standing on your feet but try to train without this help to improve core development.

- 3) **Bench Press Max:** Men: 145lbs Women: 65lbs
Bar almost to chest then straight up to arms almost locked out. no bouncing and try to grip bar 6-8 inches wider than shoulders. Ensure you have a spotter. Reps to fatigue

- 4) **Body Row:** Use a smith machine/squat rack to set the bar high enough that you can lay underneath arms extended upward and just barely grab bar. Shoulders directly underneath bar. This is the opposite grip and setup to the top of a bench press. Athlete will pull up as high as possible (chest close to bar but does not have to touch) while keeping the body in a straight line.
Reps to fatigue

- 5) **2 Minute Erg Test (rowing machine):**
Set damper setting at level 5.
Max distance (metres) covered in 2 minutes.
Also submit your body weight and the erg average power [W] and distance [m].