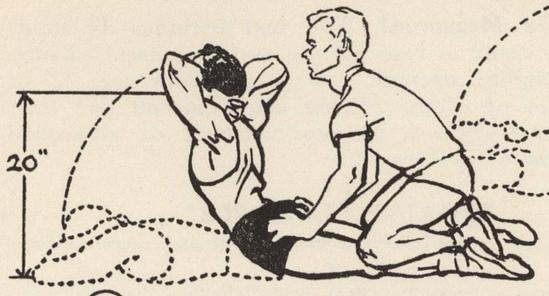
UNIVERSITY OF ILLINOIS MOTOR FITNESS TEST

(1) FOOT AND TOE BALANCE (10 SEC. EACH)

(2) SQUAT STAND (10 SEC.)

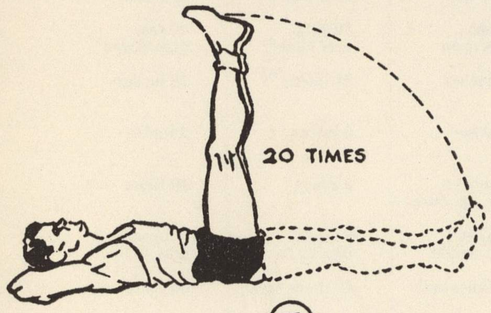


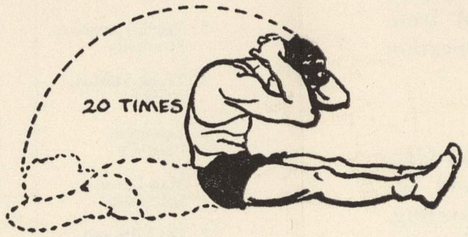
(3) TRUNK EXTENSION

(4) TRUNK FLEXION

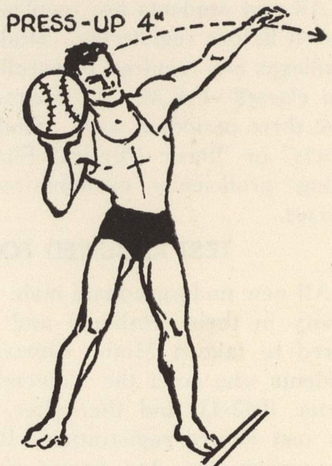
(5) EXTENSION PRESS-UP 4"

(6) MAN LIFT AND LET DOWN

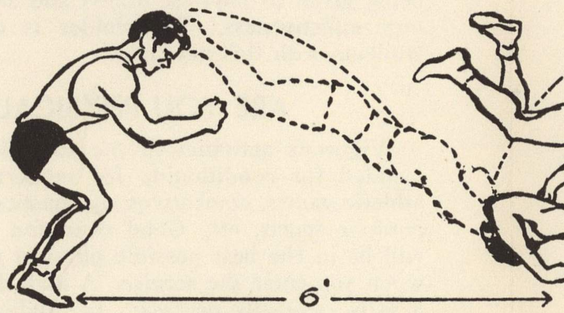




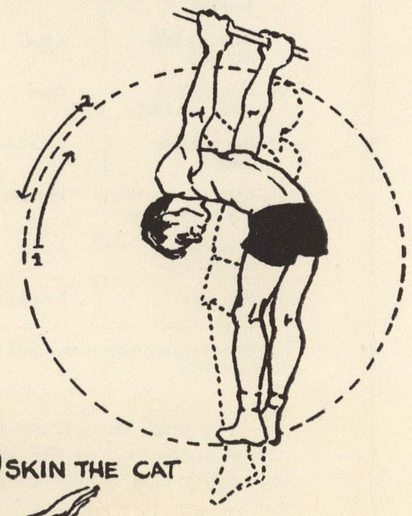
(7) LEG-LIFTS AND SIT-UPS



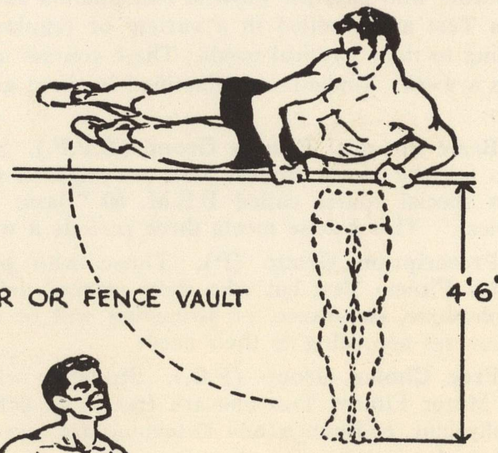
(8) MEDICINE BALL PUT (35')



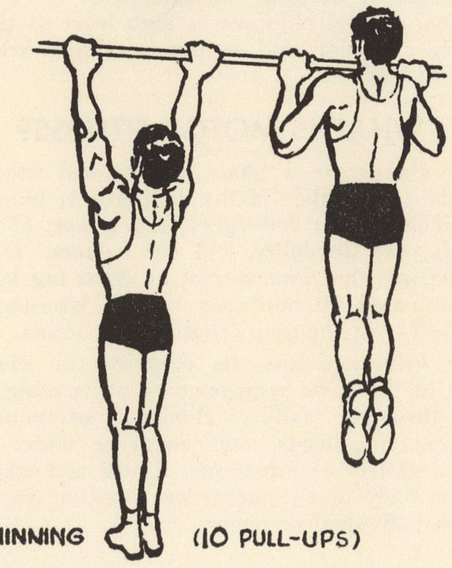
(9) RUNNING DIVE AND ROLL



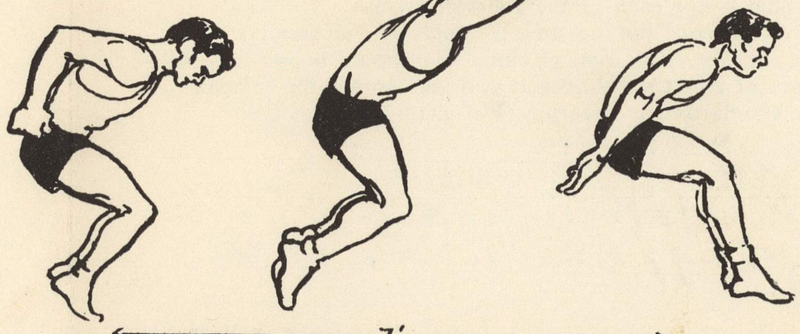
(10) SKIN THE CAT



(11) BAR OR FENCE VAULT



(12) CHINNING (10 PULL-UPS)



(13) STANDING BROAD JUMP

(14) MILE RUN (7 MINUTES)