

V. Burpee Test (modified).

Equipment. None.

Method. (a) Start--standing position, arms at sides. (b) At starting signal drop to full squat position, w eight on hands. (c) Extend both feet backward to full extension, hips below the line from shoulders to heels. (d) Return to squat position. (e) Return to starting position. (f) Repeat as many times as possible in 20 seconds. Explain fully; conduct in groups of 15 or 20, each man keeping own score. Instructor keeps time for entire group.

Basis for scoring. The number of complete half movements in prescribed time, e.g., man may complete 8.50 movements, etc. If he reaches "front-leaning rest" position, it counts 50. He must reach standing position to complete the movement and secure credit for same (see diagram).

DIAGRAM - BURPEE TEST

POSITION 1      POSITION 2                      POSITION 3                      POSITION 4      POSITION 5

