

TOOL 11

INTERMITTENT LOADED SHUTTLES SCRIPT

1. The purpose of the Intermittent Loaded Shuttles is to assess your physical capability to repeatedly carry loads.
2. You must complete 10 shuttles total (40 m each) – alternating five loaded and five unloaded – in 5 minutes and 21.0 seconds or less.
3. You can pick up and carry the sandbag using any safe technique.
4. Standing upright behind the start line, on “5, 4, 3, 2, 1, GO,” you will pick up the sandbag and perform one loaded shuttle, going around the 20 m cone and back to the start line.
5. If you do not go around the cone, we will direct you to correct the fault.
6. During your loaded shuttles, you must walk. If you start to run, we will direct you to stop completely. Once you have stopped, you can proceed to walk.
7. Once you are back to the start, you must touch one foot on or over the line then place the sandbag entirely over the line.
8. Once the sandbag is clear of the line, you will go on your unloaded shuttle.
9. During your unloaded shuttles, you may walk, jog, or run.
10. Once you have returned from your unloaded shuttle, you have completed two out of your 10 shuttles.
11. If you forget to touch one foot on or over the line, we will direct you to correct the fault.
12. If you forget to place the sandbag over the line, we will direct you to pick the sandbag up, and correct the fault.
13. You may set the sandbag down at any point to rest, but your time will not be stopped.
14. Once you have crossed the start line after your final shuttle, your time is stopped and recorded to the nearest tenth of a second.