TOOL 14

WARM-UP / EVALUATION PREPARATION

Mandatory light aerobic activity (2–3 minutes), performed with a 20 m set-up. All movements should be performed in a controlled manner. To include:

1. 20 m x walking: easy arm circles, 10 m in each direction
2. 10 m x walking: arms across chest and to back
3. 10 m walking: arms up and down
4. 20 m x walking: knee lifts
5. 20 m x walking: butt kicks
6. 20 m x walking: alternating single leg raise to opposite hand (every third step) (Frankenstein)
1. Reaching side bends x 5 side (knees and hips unlocked)

2. Squats x 3

3. Lunges x 3 side (forward / backward complex)

4. Alternating side / lateral step lunges x 3 side

7. 2 x 20 m progressive jogging

8. 1 x 20 m side steps, alternating directions

9. 1 x 20 m carioca (cross-overs), alternating directions

Mandatory dynamic (controlled) movements that reflect the movement patterns used during the evaluation (2–3 minutes) are performed in a stationary position:
5. Spiderman x side

6. Hand release push-up to get up x 5 (stand - hands down- step back into plank - hand release push-up – step up into standing)

A Reduced version of each protocol at the discretion of the CAF personnel, which can include:

1. 40 m of the 20 m Rushes at 50% pace
2. 4 Sandbag Lifts
3. 10 m of the Intermittent Loaded Shuttles
4. 10 m of the Sandbag Drag

Additional 1–2 minute warm-up period, at the CAF personnel’s discretion.