



## ON RAMP TEST OUT

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Judge:** \_\_\_\_\_

**Movements Executed Correctly ( / 9 ):** \_\_\_\_\_ *(Pass: 7 or more)*

**Benchmark Time:** \_\_\_\_\_ *(Pass: 6 mins or less)*

### Movements

- Air Squat, 25 unbroken  
Heels down, knees out, depth, arched back
- Front Squat, 15 unbroken, 45/22  
Elbows up, heels down, knees out, depth, arched back
- Overhead Squat, 15 unbroken, pvc pipe  
Active shoulders, heels down, knees out, depth, arched back
- Press, 10 unbroken, 45/22  
Straight bar path, active shoulders, locked out
- Push Press, 10 unbroken, 45/22  
Dip and drive straight up and down, heels down, straight bar path, active shoulders, locked out
- Push Jerk, 10 unbroken, 45/22  
Dip drive press and re-dip, open hips, solid landing, heels down, straight bar path, active shoulders, locked out
- Deadlift, 10 unbroken, 95/65  
Arched back
- Sumo Deadlift High Pull, 10 unbroken, 52/42  
Arched back, hips open, no early arm bend
- Medicine Ball Clean, 10 unbroken, any weight ball  
Arched back, hips open, no early arm bend, solid squat, no curling

### Benchmark Fitness Test

For Time:

500m Row  
40 Air Squats  
30 Sit-Ups  
20 Knee Push-Ups  
10 Jumping Pull-Ups