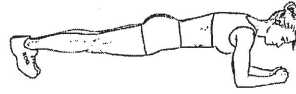


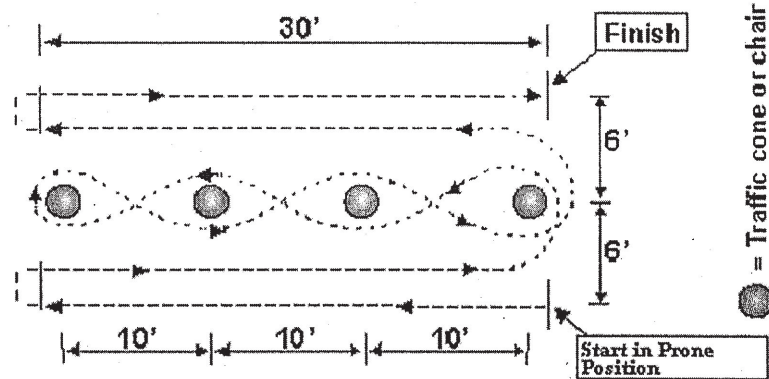
## PREPARING FOR THE PLANK TEST



### Procedure:

The participant will place their forearms on the ground with the elbows directly under the shoulders. The feet are close together while the body is lifted in a straight line from the shoulders to the ankles remaining in this position for the duration of the test. Hold this position for the minimum time required.

## PREPARING FOR THE AGILITY TEST



Agility is the ability to change the direction of the body in an efficient and effective manner, which requires a combination of skills including balance (dynamic and static), speed, reflexes coordination and strength.

### Procedure:

Lie on the ground with your chest and hands on the ground. On the "GO" command the stopwatch will start. Get off the ground as quickly as possible and run directly to the last cone and sprint back to the starting line. You will then weave through the cones to the last cone and then weave back to the start line. Lastly you will sprint directly to the last cone and sprint back to the starting line running through the starting line. Your time will be then be recorded.