

2020 TM Assessment PT Test

Exercises: There are no retests! TM assessment has already started.

Hand Release Push Ups (HRPU): At the command of “GET READY” you must lay on your chest with your palms flat on the ground parallel with your chest. It does not matter if your hands are touching the side of your chest or if they are 12” or more to the side; your head and eyes can look at the ground or straight forward; your toes must be on the ground with your feet no more than 12” apart. At the command “GO” you will lift your body as one rigid unit while keeping it straight from your feet to your head. You must lock your elbows. Once your elbows and arms are at full extension lower your body as one rigid straight unit until your chest is on the ground and lift both hands simultaneously off the ground; this counts as one repetition. Continue this for one minute or until you can not go any longer. If you fail to keep your body generally straight, extend your arms and lock your elbows, or completely lift your hands off the ground while in the up position, that repetition will not count. An altered, front-leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the up position before continuing. If you rest on the ground your performance will be terminated. You may reposition your feet during the event as long as they remain in contact with the ground at all times. The correct performance is important. You will have one minute in which to do as many push-ups as you can. Watch this demonstration.

1 Repetition



Start Position

Up Position

1 Repetition

Rest Position



No-Rep



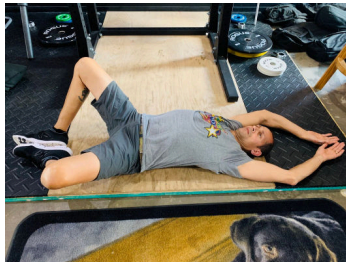
2020 TM Assessment PT Test

Butterfly Situp (BSU): At the command “Get Ready” sit on your buttocks with your back in the vertical position. The vertical position means that the base of your neck is above the base of your spine with your knees open and the bottom (soles) of your feet together and your hands resting on your feet. On the command “GO” keeping your knees open and the bottom of your feet together, lie back on the ground extending your arms overhead and touch the ground behind your head, then immediately sit up and reach your hands toward your feet and touch them. While sitting up, your feet can separate, but no more than 12 inches and must be together prior to sitting back. The repetition will not count if you fail to extend your arms behind your head and touch the ground, reach the vertical position and touch your feet with your hands. The up position is the only authorized rest position, your hands can rest on your feet but cannot grab them. If you hold on to your feet or stop and rest in the down position, the event will be terminated. as long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up. If you do so, your performance in the event will be terminated. The correct performance is important. You will have one minute to perform as many sit-ups as you can. Watch this demonstration.

1 Repetition



Start Position



Down Position

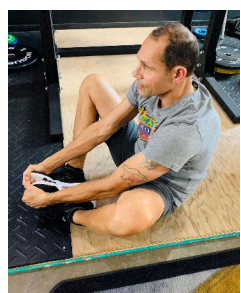


1 Repetition

Rest Position



Termination



2020 TM Assessment PT Test

Sandbag Squat Cleans (SSC): At the command “Get Ready” place the sandbag at your feet with the handles facing up and grip either the parallel or horizontal handles. At the command “GO” clean the sandbag into the catch position on your chest and simultaneously move into the squat position passing the 90 degrees with your thighs. You must pass the 90 degrees before you stand and return to a fully erect position with the sandbag in the catch position. This counts as one repetition. You can control or drop the sandbag to the floor to start the next repetition. The sandbag must be on the ground prior to the start of each repetition. The repetition will not count if you fail to reach the standing position. You can rest with the sandbag in the standing catch position or with the sandbag at your feet. You will have one minute to perform as many SSC as you can. Watch this demonstration.

1 Repetition



Start Position

Start Position

Catch Position

Thigh Break 90

Up Position

No Repetition



*Thigh doesn't
Break 90

2020 TM Assessment PT Test

Open Division 45# Ruck (All Male, All Female or Mixed Team) all weights are the same regardless of gender.

- 1 min AMRAP HRPUs, start position is with the chest on the ground (slick)
- 1 min AMRAP Butterfly Sit Ups, start Position is in the seated position with feet together
- 1 min AMRAP Sandbag Squat Cleans 80# (slick)

Open Standards	Min Standard
Hand Release Push-Ups	30
Butterfly Sit-Ups	40
Sandbag Squat Cleans	15

Female Division 20# Ruck

- 1 min AMRAP HRPUs, start position is with the chest on the ground (slick)
- 1 min AMRAP Butterfly Sit Ups, start Position is in the seated position with feet together
- 1 min AMRAP Sandbag Squat Cleans 80# (slick)

Female Standards	Min Standard
Hand Release Push-Ups	25
Butterfly Sit-Ups	40
Sandbag Squat Cleans	7

Team Scoring Method: There is a minimum amount to get max points per exercise. A teammate is allowed to not meet the minimum requirement as long as their teammate can make up the deficiency. The deal is the more you do over the minimum, the more points you get toward your team's overall points to win TM assessment. If a teammate has to compensate for their teammate's underperformance at any point during the PT Test, then your team only makes the minimum amount of overall points even though they may have scored more on all other exercises.