

# HAOS

TESTING MODULE

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# RAPID FITNESS EVALUATION

*Introduction to HAOS Physical Fitness*



TIME

15

## MODULE OVERVIEW

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Physical fitness is a fundamental pillar of HAOS martial arts.

The purpose of the RFE - Rapid Fitness Evaluation is to provide students with a simple and effective way to assess their muscular endurance, aerobic capacity and mental strength. This test is timed and requires participants to perform each exercise until form failure. The use of music or any other outside sources of motivation is prohibited.

The RFE can be completed in virtually any setting since no special equipment is necessary. While this evaluation does not measure all components of physical fitness (i.e. strength or flexibility), it acts as one indicator to your current level of conditioning. The test should last no more than fifteen minutes.

Disclaimer: You should always consult a physician before undertaking any type of fitness routine. Participating in this exercise program could result in injury and you agree to do so at your own risk. HAOS martial arts will not be held responsible for any damages, personal injuries or accidents.



# TESTING PROCEDURE

Familiarize yourself with this test and make sure you are capable of executing each exercise with proper form. On test day, watch your food intake and ensure you are well hydrated. Do not forget to do a light warm up and take a moment to get into a positive mindset before you begin.

Start with push ups and work through the exercises in their assigned order. Perform each exercise once for maximum repetitions and respect the time limits. Have a friend keep track of your score so you can focus on the assessment. Once finished, take five minutes to cool down and stretch. Use the chart below to get your final result. Best of luck.

## EXERCISES

### 1 - MAX PUSH UPS

Time Limit: 1 minute  
Break until next exercise: 30 seconds

### 2 - MAX SQUATS

Time Limit: 2 minutes  
Break until next exercise: 30 seconds

### 3 - MAX CRUNCHES

Time Limit: 3 minutes  
Break until next exercise: 30 seconds

### 4 - MAX SPRAWLS

Time Limit: 4 minutes  
Break until next exercise: 30 seconds

### 5 - PLANK HOLD

Time Limit: 3 minutes  
Show me your mental toughness! Last 3 minutes!

## SCORE CHART

35 reps ★

20 reps ↘

10 reps

75 reps ★

50 reps ↘

25 reps

100 reps ★

75 reps ↘

50 reps

100 reps ★

75 reps ↘

50 reps

3 min ★

2 min ↘

1 min

**REMEMBER,  
QUALITY OVER  
QUANTITY. TRAIN  
WITH INTEGRITY  
EVEN WHEN NO  
ONE IS  
WATCHING.**

**CLICK FOR THE VIDEO  
DEMONSTRATION**



**RESULT**

**/5 ★**