

# Fitness Skills Testing

## Prelim Trot Skills

10 push ups  
15 bench dips  
20 hollow body rockers  
45 second squat hold  
20 tuck ups on the ground  
1 min superman hold  
1 pull up  
L/R leg splits (8" off ground)

## Trot Skills

15 push ups  
20 bench dips  
30 hollow body rockers  
1 min squat hold  
20 laying leg lifts  
90 sec. superman hold  
2 pull ups  
L/R leg splits (6" off ground)  
Center splits (8" off ground)

## Copper Skills (canter)

5 mountain peak push ups  
3 hanging dips  
30 second hollow hold  
90 sec. sumo hold  
10 tuck ups pull through  
15 back extensions/30 sec. hold  
3 pull ups  
L/R leg splits (4" off ground)  
Center splits (6" off ground)

## Bronze Skills

10 mountain peak push ups  
8 hanging dips  
45 second hollow hold  
20 lunge jumps  
10 hanging leg lifts (no swing)  
20 back extensions/30 sec. hold  
7 pull ups  
L/R leg splits (2" off ground)  
Center splits (4" off ground)

## Silver Skills

15 mountain peak pushups  
12 hanging dips  
1 min hollow hold  
35 lunge jumps  
10 hanging leg lifts (from "L position)  
25 back extensions/30 sec hold  
10 pull ups  
L/R leg splits  
Center splits (2" from ground)

## Gold Skills

20 mountain peak push ups  
16 hanging dips  
90 sec. hollow hold  
50 lunge jumps  
15 hanging leg lifts (from "L position)  
30 back extensions/30 sec hold  
15 pull ups  
L/R leg splits  
Center splits