

ATHLETIC 6

READY. SET. SCORE

DETERMINE YOUR ATHLETIC ABILITY IN SIX EASY TESTS.

NO EQUIPMENT NEEDED.

GEARED TOWARDS YOUTH ATHLETES, WEEKEND WARRIORS, AND ADULTS
LOOKING TO MEASURE THEIR FITNESS.

SEE HOW YOUR PERFORMANCE PROFILE STACKS UP ON OUR LEADERBOARD.

THE SIX TESTS MEASURE:

POWER, SPEED, CORE, STRENGTH, AGILITY, AND MOBILITY

**LET'S
BEGIN!**

TEST 1: BROAD JUMP

POWER

- STAND BEHIND A LINE, SWING ARMS, AND JUMP FORWARD OFF BOTH FEET AS FAR AS POSSIBLE.
- LAND WITH CONTROL. MEASURE FROM START LINE TO BACK HEEL.
- **SCORE:** DISTANCE IN INCHES. (BEST OF 2 ATTEMPTS)

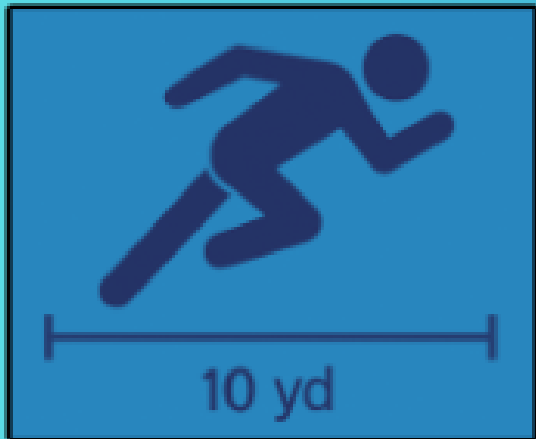


NEXT
TEST

TEST 2: 10 YD SPRINT

SPEED

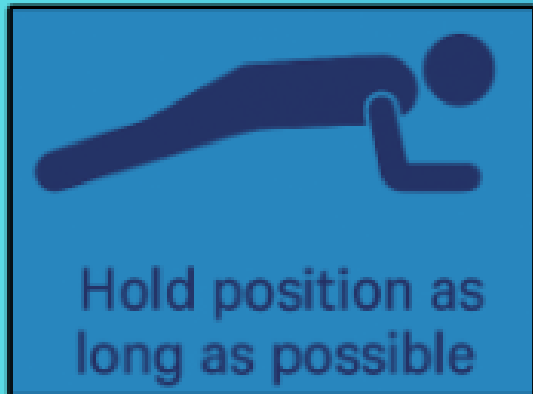
- FROM A STANDING START, SPRINT 10 YARDS AS FAST AS POSSIBLE.
- USE STOPWATCH OR SPRINT TIMER APP.
- **SCORE:** FASTEST TIME IN SECONDS (BEST OF 2 ATTEMPTS).



TEST 3: PLANK HOLD

CORE STRENGTH

- ELBOW PLANK POSITION. KEEP HIPS LEVEL AND SPINE NEUTRAL.
- TIME STARTS WHEN POSITION BEGINS AND ENDS WHEN FORM BREAKS.
- **SCORE:** MAX HOLD TIME IN SECONDS.



NEXT
TEST

TEST 4: SPLIT SQUAT

STRENGTH

- PERFORM AS MANY CONTROLLED REPS PER LEG IN 45 SECONDS.
- KEEP KNEE OVER FOOT, AVOID BOUNCING. BOTH KNEES SHOULD BE BENT WHILE PERFORMING THE EXERCISE WITH THE REAR KNEE GETTING NO HIGHER THAN 1 INCH FROM THE GROUND
- **SCORE:** TOTAL REPS PER LEG (LEFT AND RIGHT).



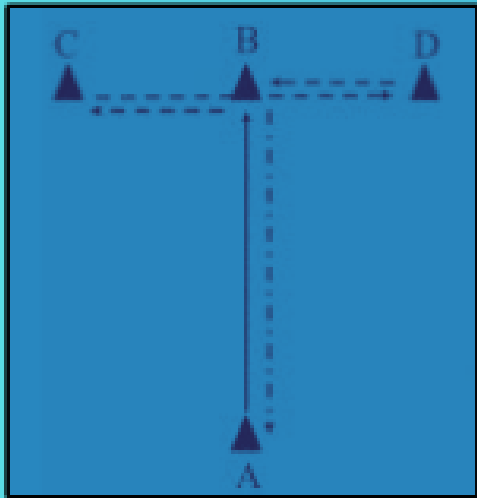
Perform repetitions
on each leg

**NEXT
TEST**

TEST 5: T-AGILITY

AGILITY

- SPRINT FORWARD 10 YARDS FROM CONE (A) TO CONE (B), SHUFFLE 5 YARDS LEFT TO CONE (C), SHUFFLE 10 YARDS RIGHT TO CONE (D), SHUFFLE LEFT TO CONE (B), THEN BACKPEDAL TO CONE (A).
- USE CONES OR MARKERS. STOPWATCH REQUIRED.
- **SCORE:** FASTEST TIME IN SECONDS. (BEST OF 2 ATTEMPTS)

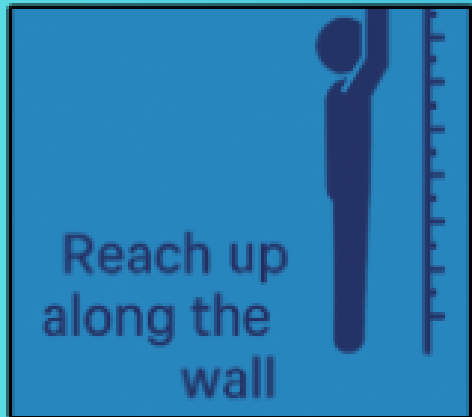


NEXT
TEST

TEST 6: OVERHEAD REACH

MOBILITY

- STAND AGAINST WALL, ARMS STRAIGHT UP.
- TRY TO TOUCH THUMBS TO WALL WITHOUT ARCHING LOWER BACK.
- **SCORE:** 3 = FULL RANGE, 2 = COMPENSATED, 1 = LIMITED



**NEXT
TEST**

SCORESHEET

CATEGORY

- ☐ YOUTH (12U)
- ☐ TEEN (18U)
- ☐ ADULT (OVER 18)
- ☐ COMPETITIVE ATHLETE

TEST	SCORE
BROAD JUMP	
10 YARD SPRINT	
PLANK HOLD	
SPLIT SQUAT	
T-AGILITY	
OVERHEAD REACH	

SUBMIT YOUR SCORE

- SCAN THE QR CODE OR VISIT: [ATHLETICEVO.COM/ATHLETIC6](https://athleticevo.com/athletic6)
- GET YOUR CUSTOM SCORE BREAKDOWN + COMPARE YOUR RANK ON OUR LIVE LEADERBOARD AND RECEIVE A FREE GIFT.
- WANT TO IMPROVE YOUR ATHLETIC 6 SCORE? LET'S BUILD YOUR TRAINING PLAN.
- BOOK YOUR FREE CONSULTATION BY EMAIL: DREW@ATHLETICEVO.COM

