

ATA FIT TEST

Round 1- Push Ups

- All Juniors will perform as many as they can in 1 Minute

Juniors	1pt.	2pt.	3pt.	4pt.	5pt.
Ages 8-12	<10	10-17	18-22	23-28	>28
Ages 12-15	<15	15-19	20-27	28-38	>38

1 Minute Rest

Round 2- Plank

- All Juniors will hold plank for a max time of 2:01

Juniors	1pt.	2pt.	3pt.	4pt.	5pt.
Ages 8-15	:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

1 Minute Rest

Round 3- 4 Segments performed in :30 blocks (No rest) total: 2:00 min

- Jab, Jab, Cross Combo (Left Lead)
 - Perform 15 combo in :30 seconds
- # 2 Right Round Kick
 - Perform 15 in :30 Seconds
- Jab, Jab, Cross Combo (Right Lead)
 - Perform 15 combo in :30 seconds
- # 2 Left Round Kick
 - Perform 15 in :30 Seconds

1 Minute Rest

Round 4 – A sparring combo, performed once every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (8 combos total) – (aerobic)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (15 seconds) followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (15 seconds)

*Complete the set a total of 4 times

1 Minute Rest

Round 5 – A sparring combo, performed twice every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (16 combos total)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (twice in 15 seconds) followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (twice in 15 seconds)

*Complete the set a total of 4 times

Conversion:

- A score of 46-50 will convert to a “+1” total score.
- A score of 41-45 will convert to a “0” total score.
- A score of < 41 will convert to a “-1” total score.

	Quality Points	Power Points	Reps Points	Total
Round 1	1-5	-	-	5 Points
Round 2	1-5	-	-	5 Points
Round 3	1-5	1-5	1-5	15 Points
Round 4	1-5	1-5	-	10 Points
Round 5	1-5	1-5	1-5	15 Points