



## FITNESS TESTING NOTES & SUGGESTIONS

Our Fitness testing protocol is a great mix of single modality tasks and benchmark style workouts. Our goal is to target the 10 general physical skills (Strength, Power, Flexibility, Stamina, Accuracy, Agility, Cardiovascular endurance, Co-ordination, Speed and Balance) in as many ways possible to ensure our athletes are getting the most out of their GPP program.

We believe combining a few essential single modality tasks such as simple gymnastics movements, weightlifting movements and metabolic conditioning tasks with a broad range of 'capacity' testing benchmark workouts is a great way to ensure this variability in skills.

We have done everything we can to make your job as easy as possible when implementing the testing.

We have created a handy chart for you to display for your athletes so they can easily track where they are in their fitness journey. The levels are based on years of scores and data, and the benchmark workouts are WUWO original creations.

Our Benchmark workouts are a spicy little mix of modalities, time domains, priorities (task/time), load, number of movements and overall volume.

The end goal is to have an individual clumped around one level for the majority of their scores, but for most athletes you will find this not to be the case. You will encounter situations like this: an athlete will perform one workout at Level 3 (Swift), one at Level 5 (Furious) and one at Level 2 (Moderate). This athlete will need to work toward a more consistent performance (most workouts at or near one level). The data you will collect by charting an athlete's levels across workouts will help you quickly identify areas that need improvement so that you can set effective goals.

Athletes shouldn't worry about assigning themselves a level, BUT we know how people like to categorize themselves, so as a loose suggestion, we take 60% of where their scores are and call that their level. This is assuming that they have at least 1 score in each single modality test and at least 3/6 benchmark workouts completed. Otherwise, that is not enough information to base a 'level' on.



## SOME FAQ'S TO HELP YOU GET THE MOST OUT OF WUWO'S FITNESS TESTING PROTOCOL (AND HOW TO FOLLOW THE 'LEVELS' CHART)

### **What if I am Level 1 (Paced) in one test and Level 3 (Swift) in another?**

We expect this to happen to most people. Usually people will be proficient in one area and need a little work in another. If you complete all the testing, you may even notice a pattern on which type of workouts/tests you excel in over others. This is exactly the purpose of the testing – now you have a better understanding of your deficiencies, and with that knowledge you can establish more targeted goals.

### **Who are the benchmark workouts designed for?**

Everyone! You will notice for most of the benchmarks, there are 2-4 versions of the workout. The 'hardest' version in most cases is catered to the 1% of your gym's population. Most people will perform the scaled versions down from this. We designed it this way because this is essentially how we create a program. Also, we think having goals/workouts just outside of people's reach is a great motivator and ensures people don't get too complacent with where they are at.

### **How do I choose a level?**

You can use the levels from our normal workouts (Beyond Rxd, Rxd, Fitness) to inform your decision about which level to pick. For instance, if you perform most workouts at Beyond Rxd, go for the Furious or Tokyo Drift workouts. If you are at the Rxd level, go for the Faster workout. And if you are normally at the Fitness level, try the Paced or Swift workouts.

Ultimately, choosing a level will be up to you and your coach. For some workouts, you might find that you can reasonably perform two different levels (a more scaled level and a harder level). In these instances, you'll have to choose between going for the harder level (and getting a low score) or the easier level to get a high score. Pick your battles wisely. If you are normally on the cusp, don't always choose the easy route. Occasionally step outside of your comfort zone and try the version up. The only downside is that you might get a slow time or low score. No worries! The next time you repeat the workout, you will have improved and will feel better about giving the harder version a crack!

### **What if I don't fit into any of the scales?**

We acknowledge that there are a few gaps between each scaled version with regards to load or movement type. We don't want to water down the workouts so much that they elicit a completely different stimulus to the one we intended, so there will definitely be times when people are between two versions. Our suggestion is to focus on having a good session rather than worrying about getting a score for that workout – there will be other opportunities to get a score for the workout down the line (when you can nail the movement you couldn't perform today).

### **How often are we going to repeat them?**

There will be a fitness testing month every 4 – 6 months, and the same tests are used in every fitness testing month.

### **Are these the only workouts that will be repeated?**

No. There will be other workouts that repeat over the course of a year, but these specific benchmark workouts will be repeated on the 4-6 month cycle.