



Ronin Personal Fitness Assessment

PULL-UPS

- Minimum of 2 pull-ups in 1 minute
- Commence from a full hang position, overhand grip.
- Chin must be pulled up and over the bar
- Finish position is where the arms are at full stretch or bent to no more than 179°
- Any and all subsequent pull-ups must commence from this position
- The exercise is deemed as complete when either a foot, or feet, touches the floor, or the time elapses

SIT-UPS

- Minimum of 40 in 2 minutes
- Commence from a supine position with knees bent and feet held in place by a spotter
- Hands must remain touching the ears throughout the routine
- A complete sit-up is recorded when the sit-up allows for the elbows to touch the outside of the upper thigh or knee, and the individual returns to the floor with the lower back making full contact with the floor

PUSH-UPS

- Minimum of 35 in 1 minute
- Commence in the upright push-up position with arms locked and both hands located on the floor at shoulder width, back and legs straight and both feet on floor
- Exercise commences with both arms bending simultaneously at the elbow, allowing the body to be lowered to the floor
- The chest must make full contact with the balled fist of a spotter
- Once contact is made, the elbows are straightened and the body is lifted back to the start position, retaining a straight back and legs throughout
- An up-and-down cycle completed in this fashion represents one full push-up.
- If any part of the body makes contact with the floor, with the exception of hands and feet, the exercise is concluded. A rest may be taken so long as the arms are in the full locked position and the back and legs held rigid

SHUTTLE RUN

- Maximum permissible time: 60 seconds
- 10x25m sprints between two cones, the top of which must be touched each and every time the candidate leaves or reaches a cone.

RUN

- Run 2.4km in under 14 minutes

SWIM

- Swim 30m in 30 seconds in the open sea jumping two meters from a pier into the water (Clothed in running gear, unaided, in open sea)