

The test will be carried out in the following order

1. Exercise Ball Leg Repetitions and Hold



Facing away from the wall and with the gym ball sandwiched between the small of your back and the wall you will do 20 squats (so that the ball rolls up and down the wall) and then hold in a squat position with

your knee bent and so that your thigh is horizontal to the ground. You will be asked to hold a 5kg weight to your chest during this and continue the squat for as long as possible up to a maximum of 3 minutes. You will score a percentage based on the time you correctly maintain the exercise. As a guideline, continuing the Hold for 1 ½ minutes will score you 50%, 2 minutes 15 seconds will score you 75% and so on up to 100%.

2. The Plank



Start on elbows and knees, locking hands together. Straighten legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to

arch your back or stick your bottom in the air. You will need to maintain this static position up to a maximum of 4 minutes. You will score a percentage based on the time you correctly maintain the exercise. As a guideline, continuing the Plank for 2 minutes will score you 50%, 3 minutes will score you 75% and so on up to 100%.

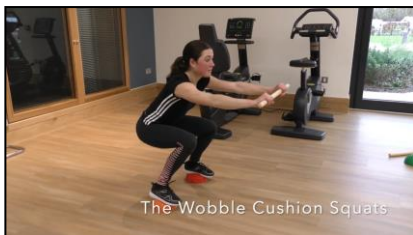
3. Elastic Band Push to Metronome (set at 50 bpm)



Sitting on a bench, in an upright position, with the bend in your knees at a right angle you will push the elastic so that your arm is extended fully in front of you. You will keep in time with the metronome. You

will need to maintain this exercise for up to a maximum of 2 minutes. You will score a percentage based on the time you correctly maintain the exercise. As a guideline, continuing the Push for 1 minute will score you 50%, 1 ½ minutes will score you 75% and so on up to 100%.

4. Wobble Cushion Squats



Standing on two wobble cushions (one under each foot) you will be asked to adopt the pushing position.

Your knee will need to be bent so that your thigh is horizontal to the ground. You will need to maintain this

static position up to a maximum of 4 minutes. You will score a percentage based on the time you correctly maintain the exercise. As a guideline, continuing the Wobble Cushion Squats for 2 minutes will score you 50%, 3 minutes will score you 75% and so on up to 100%.

5. Leg Raisers to metronome (set at 50 bpm)



Lie on your back with your arms over your shoulders holding onto something solid such as a spinning bike.

Following the metronome beep raise your feet so that they are pointing to the sky (keeping your ankles

together and your legs straight) and return them to the start position on the next beep. So one beep is up and one beep down. You will need to continue this exercise up to a maximum of 4 minutes. You will score a percentage based on the time you correctly maintain the exercise. As a guideline, continuing the Leg Raisers for 2 minutes will score you 50%, 3 minutes will score you 75% and so on up to 100%.

6. Press up Position and Hold



Adopt a press up position with your hands directly under the shoulders and slightly outside of your chest with your elbows close to your side while maintaining a 90 degree bend in your elbow. Keep your feet

together and in a straight line with your head, leaving the body in the same form as it would be when in a plank position. You will hold this for as long as possible up to a maximum of 1 ½ minutes. You will score a percentage based on the time you correctly maintain the exercise. As a guideline, continuing for 45 seconds will score you 50%, 60 seconds will score you 75% and so on up to 100%.

7. 3 Minute WattBike Test

The 3 minute WattBike test is designed to assess your power to weight ratio in watts per kilogramme (w.kg). The protocol is as follows:

- Set WattBike to air brake 4 and ensure no magnet resistance (set to 1)
- Warm up for 3mins @100 average watts
- Select the 3 min test, set weight and age.
- Give an all-out effort from the start and continue for the full 3 minutes.
- Remain seated at all times.

- At the end of the 3 minute test the WattBike will display your power to weight ratio in watts per kg which is your average power divided by your body weight (in kg's). This is the number/score we use as a performance standard.

For amateur or charity race assessments 4.2 watts per kg will score 100% with a sliding scale down to lower percentage and for jockeys licence course assessments the top score is 4.6 watts per kg again with a sliding scale down

8. Simulator Endurance

As part of the fitness assessment you will be required to ride a finish on a motorised simulator for up to a maximum of 3 ½ minutes. During the test you will ride a finish and follow instructions given on the screen in front of you. When you are unable to carry on riding a finish or it is felt by your assessor that your ability is being compromised by your lack of fitness or ability to balance you will stop being timed and the assessment will be over.

Note: The pass mark to be considered for a Professional and Category B Amateur licence is 80% for a Category A Amateur licence is 70% and for a Charity Race is 60%