

Figure 2. Physical Factors and Tests

<u>Fitness factor</u>	<u>Test</u>
Absolute strength of the upper body	1RM bench press raw score (pounds) 1RM bench press ratio score (weight pushed divided by body weight)
Explosive leg strength	Vertical jump in inches
Dynamic strength	
Abdominal muscular endurance	One-minute sit-up (number)
Upper-body muscular endurance	Maximum push-up (number)
Trunk strength	One-minute sit-up (number)
Extent flexibility	Sit and reach (inches)
Endurance and aerobic power	1.5-mile run (minutes and seconds)
Speed	300-meter run (seconds)
Anaerobic power	300-meter run (seconds)
Gross coordination (agility)	Illinois agility test (seconds)