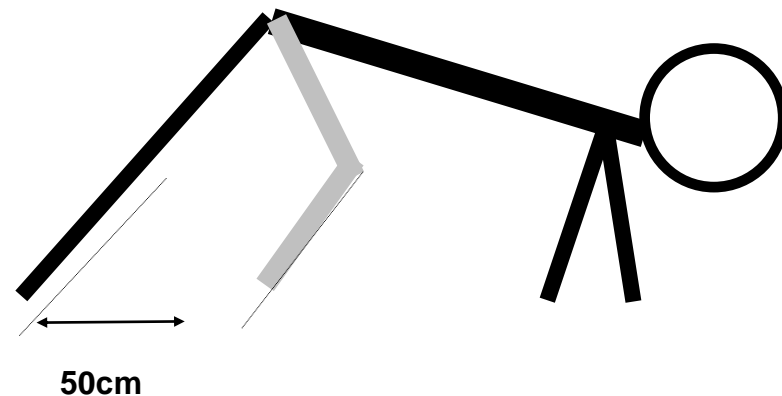
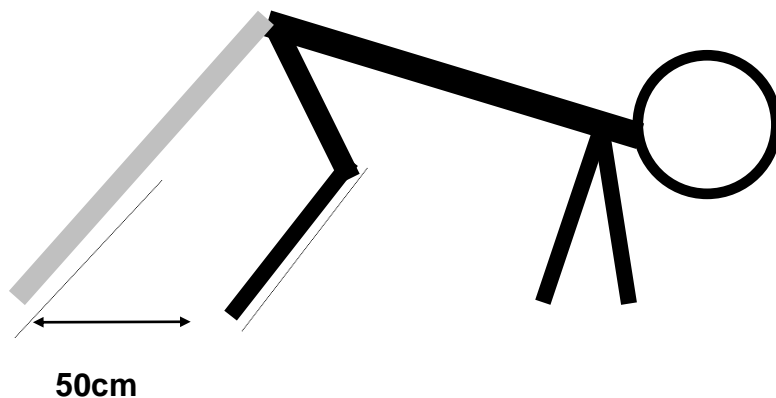


SQUAT THRUST

SCORING:- When Each Foot Crosses The Rear Line.

Starting Position: Set up two lines 50cm apart. Crouch with both hands placed on the floor and with toes touching the front lines. Take one leg back so that the foot is on the floor behind the rear line.

Test: Change legs so that each foot is alternately thrust over the rear line, with the hips remaining high. The score is the number of single leg squat thrusts, i.e. when each foot crosses the line completed in thirty seconds.



	POINTS	1	2	3	4	5
Male	No in 30 sec	40	60	70	76	82
Female	No in 30 sec	35	50	65	72	80