



Elite Athlete Assessment

Created by Erik Owings & Mushin NYC

Test your Mobility

Complete these maneuvers in any order over time to test your mobility.

Foward Bend / 30"

Seated with straightened legs, take a deep breath in and rise up. Breathe out and reach forward aiming to put your chest on your thighs.

Backward Bend / 30"

The objective is to get your arms straight and your heels on the ground. Lack of spine and scapular mobility will restrict your movements. You can use boxes, stability balls, or partners to assist your movements.

Splits / 30"

You want to try to lower down in a wide squat till you feel you have reached your limit. Ideally, you will be able to slowly go down with your legs wide until your butt touches the ground. You can try to stretch laterally grabbing your feet or stretch the adductors by lying face down. With these first three movements, be sure to develop your range of motion over time and know that you will have good and bad days.

Test your Stability

Complete these maneuvers in any order over time to test your stability.

Handstand Hold / 30"

It can take years to really develop a 30 second plus hold time in a free standing handstand. The better aligned your spine the easier it will be. You need to focus on opening up throughout your chest, keeping the abs and butt tight and pushing through the ground with straight arms. It is a good idea to use a wall or partner to provide balance while you work on the strength, endurance, and mechanics. Once you have the movement sufficient on the wall, you can try short holds freestanding.

L-Sit / 30"

You can use parallettes or dumbbells to give you some space off the floor. You want to engage your abs and hip flexors along with the muscles of your arms and shoulders. Start with bent legs and eventually get your legs fully straightened so that your feet are at the same height as your hips for 30 seconds.

Horse Stance / 90"

The wider the better. This movement should be deep so that your thighs are roughly parallel to the floor. The benchmark should be 90 seconds or longer. Once that is achieved you should work to widen your stance. The eventual goal is to arrive at a split.

Test your Strength

Complete these maneuvers in any order over time to test your strength.

Pistol / 10 reps each leg

Barefoot, with your full foot on the ground, the arch fully, lower down to the rock bottom position, hold for 2 seconds, and fully stand. A good number here is at least 8 reps with each leg.

One Arm / One Leg Push Up / One Rep

This is one of the toughest push-up variations that requires extreme core strength. This push up is done by having body held steady while balancing on opposite hand and foot. One rep each side and you are doing great, any more you may be part gorilla.

One Arm Pull Up / One Rep

You need to be cautious with this movement. If you don't have the right joint position and strength you can do some serious damage to your shoulder.

Test your Power

Complete this maneuver to test your power.

Vertical Jump / Over 27"

Load up the legs by quickly semi-squatting throwing the arms backwards and explode up jumping as high as you can. If you haven't done a lot of Olympic lifting or plyos in the past you may find this is a weak spot. A good routine of plyos and you can see this number increase quickly.

Test your Endurance

Complete this run to test your endurance.

One-Mile Run / Under Six Minutes

Goal is to get it done in under 6 minutes. Get some good shoes and give it your best effort. Running is a skill and if you don't have it you will need to train and develop it. If you have good core, hips, ankles, and feet you should pick it up quickly.