

## Fitness Test

Fitness is a huge part of being a successful jockey. On all jockey courses all riders are put through the following assessment (see below) to measure overall fitness and also to pinpoint individual strengths and weaknesses. Each element of the assessment is marked to give an overall percentage of fitness.

**For a Charity Race or Cat A License you will be expected to achieve 65% to pass.**

**For a Cat B, Pre-License, Apprentice or Conditional Course you will be expected to achieve 70% to pass.**

## EXERCISES BODY

### LOWER BODY

#### Exercise ball leg repetitions and hold (quads)

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 knees bent and so that your thigh is horizontal to the ground. You will be asked to hold a **5kg weight** to your chest. Continue this squat for as long as possible up to a maximum of 2 minutes. Please see the scoring guide below.

- 30 seconds                    **25%**
- 60 seconds                   **50%**
- 90 seconds                   **75%**
- 120 seconds                 **100%**



#### Wobble cushion squats (Hamstrings)

Standing on two wobble cushions (one under each foot) you will be asked to adopt the pushing position. Your knees 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. Please see the scoring guide below.

- 60 seconds                    **25%**
- 120 seconds                 **50%**
- 180 seconds                 **75%**
- 240 seconds                 **100%**



## UPPER BODY

### Press up Position and Hold

You will adopt a press up position on the ground and be asked to hold this for as long as possible. Keep a 90 degree bend in your elbow with your elbows close to your side. You will need to maintain this static position up to a maximum of 1 ½ minutes. You will score a percentage based on the time you correctly maintain the exercise. Please see the scoring guide below.

- 23 seconds                      **25%**
- 45 seconds                      **50%**
- 60 seconds                      **75%**
- 90 seconds                      **100%**

### Elastic Band Push to Metronome

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. Please see the scoring guide below.

- 30 seconds                      **25%**
- 60 seconds                      **50%**
- 90 seconds                      **75%**
- 120 seconds                      **100%**

## CORE STRENGTH

### Leg raises to metronome (set at 50bpm)

Lie on your back with your arms over your shoulders holding onto something solid such as a spinning bike, or a kind volunteers legs. 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. Please see the scoring guide below.

- 60 seconds                      **25%**
- 120 seconds                      **50%**
- 180 seconds                      **75%**
- 240 seconds                      **100%**



### **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. Please see the scoring guide below.

- 60 seconds                      **25%**
- 120 seconds                    **50%**
- 180 seconds                    **75%**
- 240 seconds                    **100%**

## **CARDIOVASCULAR**

### **Bleep Test**

You will be required to take part in a Multi Stage Fitness Test (bleep test). This will take place over 15m inside the gym. The distance will be marked out on the Gym floor. This test is worth x2 of the other tests and it is worth persevering. Care should be taken to pace yourself and not over exert in the earlier levels. You will score a maximum percentage for Level 16 and this will decrease by 10% for each level scored below

- Level 13                         **70%**
- Level 14                         **80%**
- Level 15                         **90%**
- Level 16+                       **100%**