

The MOVE programme Levels

		Beginner		Intermediate		Advanced	
Adaptation	Test	1	2	3	4	5	6
Skill & Technique	Balance	4" Beam Walk x 16m	Single Leg Balance x 60/60 secs	2" Beam Walk x 16m	Eyes Closed, Single Leg Balance x 60/60 secs	2" Beam Walk, w. Eyes Closed x 8m	Eyes Closed, SL Balance + Head Turns x 60/60 secs
	Squat Mobility	Air Squat Below Parallel	Deep Split Squat	Cossack Squat	Pistol Squat Negative	Pistol Squat	Dragon Squat
Power	Broad Jump	3 Steps	4 Steps	5 Steps	6 Steps	8 Steps	10 Steps
Strength & Stability	Turkish Get Up x 1/1	0.1 x Bodyweight	0.2 x Bodyweight	0.3 x Bodyweight	0.4 x Bodyweight	0.5 x Bodyweight	0.6 x Bodyweight
Strength	Back Squat 1RM	0.4 x Bodyweight	0.6 x Bodyweight	0.8 x Bodyweight	Bodyweight	1.5 x Bodyweight	2 x Bodyweight
	Pull Up	Scapular Pull Up @ 2020 M:10, W:3	Pull Up M:1, W:3sec Neg	M:3, W:1	M:6, W:3	M:10, W:6	M: 15, W:10
Muscular Endurance	Crawl Ladder	3m & Back	5m & Back	7m & Back	8m & Back	9m & Back	10m & Back
	Air Squat 2 mins	40	60	80	90	100	100 with Weighted Vest M:20kg, W:10kg
Anaerobic Capacity	Air Bike 30 Secs	M >60rpm, W >48rpm	M >70rpm, W >56	M >80rpm, W >64rpm	M >90rpm, W >72rpm	M >100rpm, W >80rpm	M >105rpm, W >84rpm
Aerobic Capacity	Row 2km	M <10:00, W <11:30	M <9:00, W <10:00	M <8:00, W <8:50	M <7:40, W <8:30	M <7:20, W <8:10	M <7:00, W <7:40
Long Duration	Run 5km	<40 mins	<35 mins	<30 mins	<26 mins	<22 mins	<18 mins