

## PHYSICAL FITNESS TEST (PFT) FLEXED ARM HANG

1. Hold bar with hands approx one fist distance apart.



2. To get to the start position you can either:
  - a. use your own muscular strength and perform a chin-up,
  - b. be assisted by another person, or



- c. use a step.



3. The following are parameters that either must be adhered to for test protocol (mandatory) or are training tips that will enhance your chances of success:

- a. keep chin above bar (mandatory). If chin touches the bar or drops beneath the bar, then the test is terminated;



- b. knees are not to be raised higher than waist high (mandatory). The legs can be kept straight beneath you, but some members find it easier to raise the knees;



- c. keep chest hard against the bar (training tip) and keep elbows back (training tip);



- d. avoid the temptation to “give” and allow the body to drop the elbows to move forward or the body to lean back. This will immediately make the activity harder and significantly increase your chances of failure.



4. The best way to train for the Flexed Arm hang is to do the activity. Get used to supporting your body weight.
5. The following is a simple training guide that can be used to assist in increasing strength for the Flexed Arm hang:
  - a. find your max hang time;
  - b. find 75% of that time;
  - c. perform 5-7 sets with that time, 2 minutes rest between sets;
  - d. hands no wider than one fist distance when on the bar, elbows back;
  - e. no more than 3 x week;
  - f. each week, either increase the time on the bar by 2-4 seconds AND/OR decrease the rest by 5 - 10 seconds;
  - g. bring a friend along for moral encouragement; and
  - h. **GET AGGRESSIVE.** If you have a defeatist attitude, you **WILL** fail.