

Conditioning Test

Ten gassers

From one sideline of football field, to the other sideline, and back = one gasser (total 106 yards)

Each gasser starts at the top of each minute. The quicker you finish each gasser, the more rest time you have. For example, if you complete the first gasser in 23 seconds, you have 37 seconds to rest before the start of the next gasser. Total time of entire test = 10 minutes.

To pass the conditioning test, all ten of your gassers must average 24 seconds or faster.

Bonus points if you not only average 24 seconds, but also if each individual gasser is 24 seconds or below.

If you do not pass the conditioning test, you will be required to meet for additional conditioning. Your number of additional sessions will equal the number of seconds by which you were over the 24 second average (27 second average = 3 additional conditioning sessions)

Click here to see video of what a gasser looks like - https://www.youtube.com/watch?v=_cobUNX7Z00