

Sarto Gym Testing Week

Testing week

This will give you direct feedback on how you are tracking with your training, and it also gives us a really good indication of how we are doing as program. This week influences where we steer the program over the next few months. Below is a breakdown of the tests and how they should be conducted. The testing will occur over the week and it's important to understand that these sessions are not workouts, they are all-out efforts. This is the part where you find out where you really are compared to where you think you are. Do these tests in the order they are displayed in the list below and you should have a decent day out! To record your scores you must add your data into first Thursday of November in your calendar OR add to excel spread sheet a coach will have. Take your time with the testing, don't rush it like a session or a normal workout. Don't complete all in one session. Map out your week.

Testing

3RM Trap bar

3RM back squat

3RM bench

Bike Erg (Max Meters in 30 sec)

Row Erg 500m (for time)

Ski Erg (for distance in 30 sec) [Max Bodyweight Pull-Ups](#)

Max push up

[Standing Long Jump](#)

Max box jump effort

New Sarto booking system

WE ARE BACK ONLINE! A reminder students must book their training time slot through the Sarto gym link which can be found on the school's intranet page. This is an internal online booking/management system which will be saved to your school calendar. On Arrival at the Sarto gym, you must sign in via the Teambuildr platform (the check-in system will be accessible on the gym iad). To ensure safety and a quality training session, the maximum number of students in the facility is 25. If you are unable to reserve a position it means the time slot is full and you will have to actively check if a position becomes available due to another student's cancellation. If you turn up and you have not made a booking, you will be asked to leave as we do not want a crowded gym space. **If you have reserved a spot and are unable to make your booked session, you MUST cancel on the platform to allow the waitlisted students an opportunity to train.