

Ladder climb

The ladder climb test is designed to assess confidence at heights.

To complete the test successfully you will be required to climb two thirds of the ladder height and this will be indicated by a marker. You will then take a leg-lock, release the ladder with your hands, outstretch your arms to the sides and lean back. The assessor will display a symbol from the ground, say out loud what you see being displayed.

Step ups – Making sure your feet are placed flat on the step, step up and down continuously for 20 reps. Complete 20 reps, 3 times. Weight can be added to increase the intensity of the movement