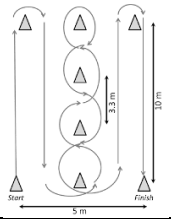
Skill Related Exercise Tests

---------- *Tests* **PROTOCOL** **DISADVANTAGE**

Illinois Agility Run			

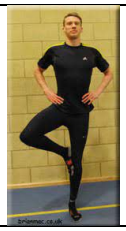
----------*Test*

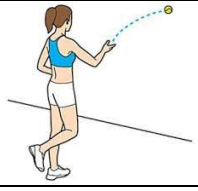
30 metre Sprint			

……*Test*

Vertical Jump			

---------- *Test*

Standing Stork			

---------- *Test*

Hand Wall Toss