TITANMIND

FREE DOWNLOAD

Done the 2 minute check? This is where you prove it.

THE DADSTRONG TEST

3 years ago I passed 4. Test yourself on Day 1. Retest on Day 27.

Warm up for 5 minutes first. Write your actual result, then tick if you hit the pass mark. No half reps. Nobody is watching, so be honest.

	TEST	PASS MARK	DAY 1	DAY 27
1	**Up off the floor, no hands** Sit cross-legged, stand up without hands, knees or pushing off anything.	No hands	☐	☐
2	**Wall sit** Back flat on the wall, thighs parallel, knees at 90 degrees. Arms off your legs.	60 sec	☐	☐
3	**Push-ups** Chest to fist height, full lockout. No sagging hips. Stop when form breaks.	20 reps	☐	☐
4	**Dead hang** Hang from a bar, arms straight, feet off the floor.	60 sec	☐	☐
5	**One-leg balance** Eyes closed, hands on hips. Stop when your foot touches down. Best leg.	10 sec	☐	☐
6	**Stairs test** Climb 4 flights (about 60 steps) at a brisk pace without stopping.	Under 60 sec	☐	☐
7	**Plank** On forearms, body in a straight line. Stop when your hips drop.	60 sec	☐	☐
8	**Deep squat hold** Squat as low as you can, heels flat on the floor.	30 sec	☐	☐
9	**Toe touch** Legs straight, reach down slowly. No bouncing.	Fingertips to toes	☐	☐
10	**Piggyback** Carry your kid (or a rucksack of similar weight) on your back.	2 min	☐	☐

DAY 1 SCORE: ____ / 10 **DAY 27 SCORE: ____ / 10** Tick a box = 1 point

8-10
DADSTRONG. Keep it that way.

5-7
Solid base. Find your weak links.

0-4
Where I was. It comes back faster than you think.

Stop any test that causes pain, dizziness or chest discomfort. If you have a heart condition, high blood pressure or an injury, check with your GP first. Skip any test that aggravates an old injury.

Want to beat your score? The 28 Day Comeback Challenge

4 weeks. At home. No kit. Click here to start