

## Hawaii Elite Testing Rotation and Layout

Please reference the layout so you can know ahead of time what is coming and where you are going.

1. YELLOW LINES and AREAS are testing layout and workout areas.
2. Everyone will start in the North End following CHECK IN and getting your JPS Shirts.
3. Ensure your shirt you are wearing is the ROSTER NUMBER for the combine please.
4. GREEN ARROWS are Traveling and Rotation patterns for groups.(TRAVEL IN GROUPS)
5. Following Dynamic Warmup each group will be divided into 3 groups and sent to:
  - a. **40 yard dash**- where the group will be split; one for each lane.
  - b. **Shuttle Run**- where the group will be split; one for each lane.
  - c. **Broad Jump and Vertical**- where the group will split to start and complete both.
  - d. Rotation will follow counterclockwise with the 40s going to the BENCH press next.
  - e. BENCH PRESS DIDN'T start with a group; but from Bench you go to Shuttle;
  - f. From Shuttle you go to Broad/Vertical;
  - g. Broad/Vertical go to 40yd dash. ROTATION HAPPENS WHEN 40's are completed!

