

## **Knightmare Test: Phase 1**

throughout the Nightmare test, athletes must face adversity and make the decision to overcome it or quit. The test involves athletes performing a full squat (75% of max / min 185) and a full power clean (75% of max / min 135) every minute for 48 straight minutes. The only rest a player gets is from the time between sets. This simulates the physical nature of a game, where a player's only break comes between plays when he's in the huddle preparing for the next play. The idea here is that each play involves both the squat and the power clean whether it is offensively or defensively. After the first 24 sets are completed, we give each player a two minute lift-free break for water or to use the bathroom. Throughout the duration of the Nightmare Challenge athletes are not permitted to sit down placing stress on the legs just as it would in a game.

## **Nightmare Test: Phase 2**

After all sets have been completed in the weightroom, the athlete immediately sprints outside to the rest of the challenge. Once outside, the athlete straps himself into a harness hooked to a pulling sled loaded with 200 pounds and sprints for 50 yards.

Next, the player must run to a 300 pound tractor tire which must be flipped 50 yards. After the tire flip portion of the test, the athlete only has one more obstacle to overcome.

### **Knightmare Test: Phase 3**

Phase 3 is crunch time for the challenge. While the players take a short break, he's met with a stiff challenge by the coaches. The coaches ask him to imagine that it is now the fourth quarter of a game and our team is down by 5 points. We tell him to imagine that a touchdown sends us to the state championship game and a loss sends us home. We ask him to imagine that as a senior who is playing in his final game, how is he going to handle this situation? This is how he must attack the last phase of the test.

To perform this last challenge, the player needs the entire football field. Starting at the left sideline, the athlete must sprint diagonally to the right sideline at the 30 yard line, where he drops to the ground and immediately does 25 up-downs. He then gets up and sprints diagonally to the left sideline at the 50 yard line and does 25 up-downs.

With the player's legs already soggy and weak from all the squats and the sprints, this is where you find out which of our players is man enough to be a KNIGHTMARE. From the 50 yard line, the athlete breaks into a full-speed, straight-ahead sprint to the goal line. He must complete the sprint in under 10 seconds for backs and 14 for lineman. The whole test must be completed under 60 minutes (48min in the weightroom and 12 min outside). The players are continually asked if they want to continue and have the option of stopping because of unbelievable demand on the body. If a player can't or misses a rep or time requirement they can't become a KNIGHTMARE and can still earn a FINISH status (the didn't pass the challenge requirements but completed the Challenge as a FINISHER which earn them a Lunch Buffett