

FORM 4.3 Strength and Endurance Testing

Client: _____ Date: _____

Assessor: _____

Muscle	Test	Rating system	Comments
(1) _____ (2) _____ (3) _____ (4) _____	Weightlifting	Exercise: _____ 5-10RM ____; 1RM ____ Exercise: _____ 5-10RM ____; 1RM ____ Exercise: _____ 5-10RM ____; 1RM ____ Exercise: _____ 5-10RM ____; 1RM ____	
Erector spinae	Biering–Sorenson	Example: Age 20-29 male (M) and female (F) (s) Needs improvement Fair Good Very good Excellent M ≤85 86-98 99-132 133-175 176-180 F ≤65 66-101 102-135 136-179 179-180	
Rectus abdominis	Five-level sit-ups	(1) ____ (2) ____ (3) ____ (4) ____ (5) ____ Number of reps ____	
Lower abdominal muscles	Leg lowers	75° = poor; 60° = fair; 30° = good; 5° = excellent ° = degrees when back arches while lowering legs	
Quadratus lumborum	Lateral lift	Right shoulder Grade 1: Shoulder 12 in. off floor without difficulty Grade 2: Shoulder 12 in. off floor with difficulty Grade 3: Shoulder 2-6 in. off floor Grade 4: Unable to raise shoulder off floor Left shoulder Grade 1: Shoulder 12 in. off floor without difficulty Grade 2: Shoulder 12 in. off floor with difficulty Grade 3: Shoulder 2-6 in. off floor Grade 4: Unable to raise shoulder off floor	
Serratus anterior	Push-up	Strong = scapulae flat in down phase Weak = scapular “winging” in down phase	

Complete norms and health benefit zones are available for Biering–Sorenson test in CSEP (2013).

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).