



# **Tests and measurements**

★Muscle strength tests★

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# Maximum Strength & Strength Endurance Tests

Here is a list of strength and strength endurance fitness tests.

## - Muscle Strength :

- 1RM Tests
- 1-RM Bench Press
- 1-RM Squat Test
- Deadlift Repetition Max
- Lat Pull Down Test
- Muscle Fiber RM Test
- Isokinetic Strength Tests
- Handgrip Strength Test
- Finger Pinch Grip Test
- Abdominal Strength Test (7 Stage)
- Abdominal Strength Test (4 Level)
- Dynamic Sit-Up Test
- Trunk Lift
- Straight Leg Ab Strength Test
- Isometric Back Strength
- Isometric Leg Strength
- Isometric Leg Extension (Groningen)
- Isometric Push-Up (Brockport)
- Seated Push-Up (Brockport)
- Push and Pull Strength Test (NHL)
- Upper Back Strength (Kraus-Weber)
- Lower Back Strength (Kraus-Weber)

# Muscular Strength Endurance

Some tests have a whole body workout, like the burpee test, though others focus on a section of the body or particular muscle groups.

## - Upper Body Strength Endurance Tests :

- Pull-Up Test (also PFT Pull Up and NAPFA Pull Up)
- Horizontal Pull-Up Test and Modified Pull-Up - with the body horizontal or at an incline, grasp and pull up towards a bar.
- Bench Pull
- Bench Press Max Reps
- Bench Press (%BW)
- Bench Press Beep
- Bench Press Max Power
- Bench Press (Brockport)
- Bench Press Cadence Test
- Push Up (general)
- Push-up (cadence)
- Push Up Beep (NHL)
- Push-up Test (at home)
- Push Up with a Chair
- Modified push-up test
- Push Ups (APFT)
- Push Ups (PRT)
- Push Up (maximum)
- Seated Dumbbell Press (Brockport)
- Arm Curl Test
- Bicep Curl Max Reps

- Dips
- Flexed Arm Hang
- Flexed Arm Hang (PFT)
- Flexed Arm Hang (IPFT)
- Bent Arm Hang (Eurofit)
- Extended (Straight) Arm Hang Test - hanging from an overhead bar with straight arms for as long as possible, part of the Brockport assessment.

- **Core Strength Endurance Tests :**

- Abdominal Endurance Tests
- Curl Ups (Pres Challenge)
- Curl Ups (partial) (Pres Challenge)
- Curl Up Beep (NHL)
- Partial Curl Ups
- FitnessGram Curl Up
- NCF Abdominal Curl Test
- Sit-up Test (test at home)
- Sit Ups (APFT)
- Sit Ups (PRT)
- 30sec Sit-Up Test (Eurofit)
- Crunches (situps) (PFT)
- Side Ramp
- Plank Test
- Leg Raises
- Leg Tuck
- Ins and Outs

- **Lower Body Strength Endurance Tests :**

- Squat Test (test at home) — perform as many squats as you can.
- Single Leg Squat
- Wall Sit (Single Leg)
- Wall Squat
- 30 Second Endurance Jump — jump across a hurdle as many times as possible in 30 seconds.
- Multistage Hurdle Jump Test
- Hurdle Agility Jump
- Chair Stand Test
- Ruffier Squat Test — measure heart rate before and after performing 30 squats in 45 seconds.

## **The reference**

**<https://www.topendsports.com/testing/strength-tests.htm>**