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Strength Testing Form For Sport

The following testing form may be used for off-season, pre-season, or in-season testing. The strength tests are performed using a repetition-max, meaning that a specific number of repetitions are completed by the athlete and then entered into the [Repetition Calculator Tool](#) found on the XL Athlete Website. This will calculate the maximum amount of weight the athlete may be able to lift. Just print off as many as you need to test all of your athletes.

Pre-Test Warm Up

1. [Jogging with Cross Over Step](#)
15 Yards Each Way
2. [Carioca Right and Left](#)
15 Yards
3. [Carioca with Same Leg in Front](#)
15 Yards
4. [Shuffle Bent-Over Arm Swing](#)
15 Yards Each Way
5. [Carioca with Same Leg Behind](#)
15 Yards
6. [Walking Lunge with Twist](#)
10 Yards
7. [Figure 4 Sit Walks](#)
10 Yards
8. [Single Leg T RDL](#)
10 Yards
9. [Shuffle Drag Foot](#)
10 Yards
10. [Reverse Walking Toe Touch](#)
10 Yards
11. [Lateral Shift Lunge](#)
10 Yards
12. [Standing Arm Circles](#)
Forward and Backward – 10 Seconds

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Test 1: [Power Clean](#)

Weight	Reps	Rest	Information
Light	5	3:00	Add weight after initial 5, add more after 4, add more after 3, then test
Moderate	4	3:00	
Heavier	3	3:00	
Maximum Test	3	3:00	

Record Maximum Weight: _____

Number of Completed Reps: _____

Use the [Repetition Calculator Tool](#) to find the athlete's maximum and record it here:

Power Clean Max: _____

Test 2: [Back Squat](#)

Weight	Reps	Rest	Information
Light	5	3:00	Add weight after initial 5, add more after 4, add more after 3, then test
Moderate	4	3:00	
Heavier	3	3:00	
Maximum Test	3	3:00	

Record Maximum Weight: _____

Number of Completed Reps: _____

Use the [Repetition Calculator Tool](#) to find the athlete's maximum and record it here:

Back Squat Max: _____

Test 3: [Bench Press](#)

Weight	Reps	Rest	Information
Light	5	3:00	Add weight after initial 5, add more after 4, add more after 3, then test
Moderate	4	3:00	
Heavier	3	3:00	
Maximum Test	3	3:00	

Record Maximum Weight: _____

Number of Completed Reps: _____

Use the [Repetition Calculator Tool](#) to find the athlete's maximum and record it here:

Bench Press Max: _____