Initial Performance Assessment

Name: _____ Date: _____

Regardless of whether you're tracking performance in the gym or on the playing field, many different measures can be used to assess progress. These include maximal strength tests, power tests, strength endurance tests, and endurance capacity tests. Each of these tests will be affected by the quality of the training and nutrition programs you are following, so test them periodically to ensure that they're improving. Collect baseline measures for each of the tests that are relevant to your particular goals, in order to provide a basis for future comparison.

INITIAL PERFORMANCE ASSESSMENT

MAXIMAL STRENGTH TESTS

One great way to assess maximal strength is to perform 1RM (1 repetition maximum) or 3RM (3 repetition maximum) tests in the major lifts – bench press, squat, and deadlift – as these lifts are most indicative of whole-body strength.

Note: if you are relatively new to these movements, you can skip this section, opting to spend time working on technique before testing your strength.

MAJOR LIFT	REPETITIONS	LOAD
Bench press	1RM or 3RM	
Squat	1RM or 3RM	
Deadlift	1RM or 3RM	

POWER TESTS

If increased power is an important goal for you, you may choose to perform 1RM tests in the explosive Olympic lifts: cleans and snatches. You may also want to test your vertical jump for lower body power, and overhead medicine ball toss for upper body power.

Note: if you are relatively new to these movements, you can skip this section, opting to spend time working on technique before testing your strength.

POWER TEST	REPETITIONS	LOAD
Barbell clean	1RM	
Barbell snatch	1RM	

POWER TEST	REPETITIONS	LOAD
Vertical jump	1 jump	
Overhead medicine ball toss	1 toss	

INITIAL PERFORMANCE ASSESSMENT

STRENGTH-ENDURANCE

Another valuable test that can demonstrate progress in strength-endurance is a percent of 1RM test. In this type of test, you select a weight that's 75% of your 1RM and perform as many reps as you can.

Note: choose the same weight for your baseline testing as you do for your follow-up testing. For example, don't select 75% of your new 1RM when you retest. Choose 75% of your original 1RM. In other words, if you use 225 lb for this first assessment, make sure that each follow-up test is performed with 225 lb. This will help you accurately gauge progress over time.

MAJOR LIFT	MAX	% OF MAX	LOAD	REPETITIONS
Bench press				
Squat				
Deadlift				

ENDURANCE CAPACITY

While VO^2_{max} testing and aerobic/anaerobic threshold testing are popular measures of endurance capacity, a simple in-gym treadmill procedure can be used to measure endurance progress. Here's how it's done:

1. Start by running on the treadmill at a speed between 7.5 and 8.5 mph and a 0% elevation.
2. Increase the elevation by 1% every minute.
3. Continue until exhaustion.
4. Record the highest achieved elevation.

This number is V_{max} (maximum velocity). Most young, active people can last until they reach between 8% and 12% elevation.

Over time, you can retest your V_{max} for a good index of your aerobic capacity. You'll know you've improved if you can last longer and achieve a higher incline. If you want to go one step further, here's another good test:

1. After a day off from the gym, begin by setting the treadmill at the same speed and grade as your V_{max}.
2. Run on the treadmill at V_{max} until fatigue.
3. Record your maximum time at $V_{max.}$ This duration is called T_{max} (maximum time).

Most athletes can last between 200 and 300 seconds. As with V_{max}, you can retest T_{max} over time as another good index of endurance capacity.

Note: choose the same V_{max} for pretesting and follow-up testing. In other words, if you can last for 200 seconds at 10% elevation and 8.5 mph during the pretest, make sure that you use 10% elevation and 8.5 mph during your second test. This will help you accurately gauge progress over time.

TEST	SPEED	ELEVATION
V_{max}		

TEST	TIME AT V_{max}
T_{max}	