








# STRENGTH TESTING PROTOCOL

(updated Oct 31<sup>st</sup> 2011)

## Description:

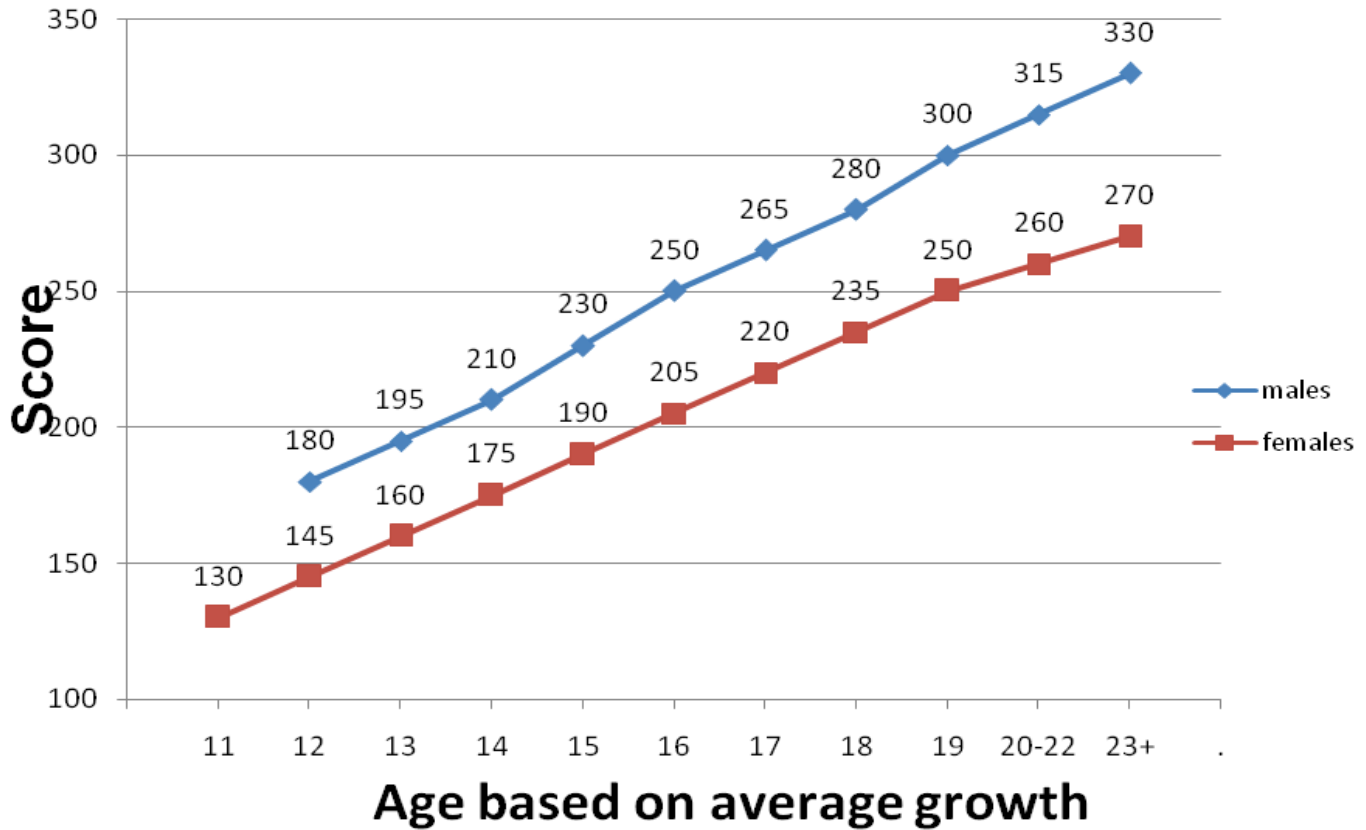
**Duration:** 1 min on, 1 min off, start to finish

**Sequence:** must be in the following order:

<p><b>1- Pull-ups:</b> pronation grip (back of hands facing you); grip wider than shoulder width to allow 90° angle when upper arms are parallel to the ground; legs bent at knee level is allowed but no swinging with the legs allowed during pull-ups; chin must be raised above the bar with each pull-up to score one rep.</p>	
<p><b>2- Sit ups:</b> knees bent at 90° and feet anchored; arms crossed in front with hands holding opposite shoulder; elbows must touch knees no further down than 10cm from top of knee to score one rep. ; lower tip of shoulder blades need to touch ground between each rep.</p>	 © 2010 ExRx.net
<p><b>3- Push-ups:</b> stand on hands just outside shoulder width; the upper arm must be parallel to the floor at the lowest point and full extension at the highest point; whole body must remain fairly straight through the test.</p>	 © 2009 ExRx.net
<p><b>4- Box jumps:</b> feet together top of box at 16 inches (40 cm) off the ground; more than half of feet length must land on the top of the box so there is some pressure applied on the heels</p>	 © 2011 ExRx.net
<p><b>5- Dips:</b> grip and arms motion as with push-ups; arms and feet elevated off the floor</p>	

**\*\*In order for Cross Country Canada to keep National Standards per age updated please e-mail results and specific birth year for each participant to sbarrette@cccski.com. Athletes names will not be published, only averages per age will be added to the database. Coaches, it is important to explain to athletes that this is an individual test and results should be used to compare individual progress and the effectiveness of prescribed programs.**

## National strength test standards



## Detailed standards per exercise

FEMALE						MALE					
AGE	Pull-ups	Sit-ups	Push-ups	Box Jumps	Dips	AGE	Pull-ups	Sit-ups	Push-ups	Box Jumps	Dips
23+	20	60	45	60	45	23+	30	60	55	65	60
20-22	18	60	40	60	45	20-22	27	60	50	65	60
19	17	60	40	55	45	19	25	60	50	60	55
18	16	55	35	55	40	18	22	55	45	60	55
17	13	55	35	50	40	17	19	55	45	60	50
16	10	50	35	50	40	16	16	55	40	55	50
15	8	50	30	50	35	15	13	50	40	55	45
14	7	45	30	45	35	14	10	50	35	50	45
13	6	40	30	40	30	13	8	45	35	50	40
12	5	40	25	35	30	12	6	45	30	45	40
11	4	35	25	35	25						

## STRENGTH TEST TEMPLATE

Date: \_\_\_\_\_

Club and location of test: \_\_\_\_\_

Color code for test interpretation and training program guidance:

meets standard
less than 10% from standard
11 to 20% from standard
over 20% from standard

AGE in 2007	gender	Name	Pull- ups(x3)	Sit-ups	Push-ups	Box Jumps	Dips	TOTAL PTS	std	diff	gap

**EXAMPLE:**

Date: July 6th 2006

Club and location of test: Big biceps club, Pumping Iron city

Color code for test interpretation and training program guidance:

meets standard
less than 10% from standard
11 to 20% from standard
over 20% from standard

AGE in 2007	gender	Name	Pull- ups(x3)	Sit-ups	Push-ups	Box Jumps	Dips	TOTAL PTS	std	diff	gap
15	F	Jasmine	10	47	43	66	36	222	190	+32	+17%
17	F	Jennifer	6	54	36	56	36	200	220	-20	-9%
15	F	Jane	4	49	46	50	37	194	190	+4	+2%
19	M	Jack	19	50	48	57	70	282	300	-18	-6%
15	M	Joe	11	38	43	51	37	202	230	-28	-12%
20	M	Jim	26	57	66	61	60	322	315	+7	+2%
18	M	John	13	42	36	52	38	207	280	-73	-26%