

MUSCULAR STRENGTH & ENDURANCE TEST

Choose a weight that you feel you can get around 10 reps.
If you get more or less write it down. You need to go to failure.

CHEST	<input type="text"/>	BACK	<input type="text"/>
1. Bench Press	_____	1. Low Cable Rows	_____
2. Incline Press	_____	2. Front Pulldowns	_____
3. Flat DB Press	_____	3. Close Grip Pulldown	_____
4. Incline DB Press	_____	4. One Arm DB Row	_____

SHOULDERS	<input type="text"/>	LEGS	<input type="text"/>
1. TH Behind Neck Press	_____	1. Back Squats	_____
2. Smith Front Press	_____	2. Front Squats	_____
3. Standing Alternate DB Press	_____	3. Leg Press	_____
4. Seated DB Press	_____	4. Leg Curls	_____

TRICEPS	<input type="text"/>	BICEPS	<input type="text"/>
1. Tricep Extension	_____	1. Straight Bar Curl	_____
2. DB Tricep French Curl	_____	2. Preacher Curls	_____
3. Tricep Pushdown	_____	3. Alternate DB Curl	_____

Name _____

Age _____

Phone _____

List all physical limitations.

What rep range do you work in? _____

How many sets do you perform per exercise? _____

How many sets per body part do you perform? _____