

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	_____

Property of Terry Grisham MA CSCS

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? _____

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Kai Harrison

x10

x10

Date: / /

Date: / /

Alternate DB Curl

*Back Squats

*Behind Neck Press

Chest Press Press

Close Grip Pulldown

Flat DB Press

*Front Press

Front Pulldowns

Leg Circuit

Incline DB Press

Incline Press

Leg Curls

Leg Press

Low Cable Rows

One Arm DB Row

Preacher Curls

Seated DB Press

Alternate DB Press

Stiff Leg Deadlifts

Straight Bar Curl

Tricep Extension

Tricep French Curl

Tricep Pushdown

Alternate DB Curl

Back Squats

Behind Neck Press

Chest Press Press

Close Grip Pulldown

Flat DB Press

Front Press

Front Pulldowns

Leg Circuit

Incline DB Press

Incline Press

Leg Curls

Leg Press

Low Cable Rows

One Arm DB Row

Preacher Curls

Seated DB Press

Alternate DB Press

Stiff Leg Deadlifts

Straight Bar Curl

Tricep Extension

Tricep French Curl

Tricep Pushdown

Red

Purple

Blue

Green

Test on 1st day

Test on 2nd day

Test on 3rd day

Test on 4th day