

STRENGTH TEST – BENCH PRESS TEST



Purpose

This test is done to measure the client's upper body strength and endurance. It specifically targets the pectoralis major muscle, and can be adapted to target specific parts of the pectoralis major. This can be done via an inclined or declined bench press.

Procedure

1. To begin, set the weight at a percent of their body weight, and record this weight. To give an idea, an advanced athlete would use a weight at about 75% of his/her body weight.
2. Before beginning the test, make sure the client is properly warmed up.
3. Have them grip the bar about 6 inches wider than shoulder width.
4. The client should then complete as many bench press repetitions as they can until fatigue.
5. Make sure that each repetition starts with both arms extended, goes down until the bar hits the chest, and then returns back to starting.
6. Each repetition should be controlled and steady.

Equipment

- A scale to measure body weight
- A bench
- Weights (typically a barbell, but can be dumbbells)

Results

Calculate the number of properly performed repetitions completed. If a repetition is not fully completed, it can be counted as 0.5 points. This can then be used as a benchmark and improvements can be compared to this benchmark.