

## POWER TEST – SIDE MEDICINE BALL THROW



### Purpose

This test is done to measure the upper and lower body strength with explosive power.

This is a beneficial test for rowers, tennis players, javelin throwers, and etc.

### Procedure

1. Have the client stand with feet shoulder width apart facing the open area where they will throw the ball.
2. Have them hold a medicine ball in both hands with the arms straight.
3. The client should then twist their hips and torso to swing the ball behind their body and then forcefully throw it out in front of them as far as they can. Repeat on the other side.
4. Have them complete three attempts for each side and record the best ones.
5. Inform the client that they should be using their legs, back, and arms in order to increase their distance.
6. It is okay if the client falls forward after a throw.

### Equipment

- 2-5kg medicine ball (depending on ability, make sure it is consistent for the next time you test)
- A tape measure

### Results

The distance is measured from the starting point of the feet to the initial landing point of the ball.