

## STRENGTH TEST – GENERAL ONE REP MAX



### Purpose

This test is done to measure the maximum strength of different muscles. It is more so focused on the isotonic strength of different muscles as it is measuring how much the client can lift in one repetition. This test should be conducted on a well experienced athlete.

### Procedure

#### Step 1

- Warm up for 10 minutes on a cardiovascular machine, then perform 5 – 10 repetitions of the exercise you are testing with light to moderate weight
- You know you are fully warmed up when you are perspiring slightly.
- Rest for one minute.

#### Step 2

- Perform another warm-up set with a weight you can lift three to five times
- Add 5-10kgs to the previous load for upper body exercise, and 15-20kgs for the lower body.
- If you don't know what weight you can add 3-5 times you can estimate

#### Step 3

- Rest two minutes and then perform another set with a load you can lift two to three times.
- Add 5-10 kgs to the previous for upper body and 15-20 kgs for the lower body.

#### Step 4

- Rest 5 minutes, or as needed, and perform your first one-repetition maximum attempt by making one more load increase of 5-10kgs for the upper body and 15-20 kgs for the lower body.

## Step 5

- Rest another 5 minutes, or as needed, and make another load increase if you successfully completed more than one rep.
- If you were not able to complete the repetition, subtract 2.5-5 kgs for the upper body and 5-10 kgs for the lower body exercises and perform another one-repetition maximum attempt.
- Complete this step as many times as necessary until you have found the maximum load you can lift one time.

## Equipment

- Weights (barbell, dumbbells, etc.)
- Safety rails
- Spotter

## Results

Record the weight of their one-rep max for the exercise. Make sure to record the warm up weights used as well because it will help in subsequent tests.

## Tips For Completing 1 RM

- Always spot your clients when they are performing the one-repetition maximum.
- Make sure correct technique is performed during the lift.
- You can avoid heavy loads by estimating your one-repetition maximum based on your maximum lift at many other repetitions. For example, the maximum weight you can lift for 10 Repetitions is about 75 percent of your estimated one-repetition maximum.