

STRENGTH TEST – PULL UP



Purpose

This test is done to measure the upper body strength of the individual and This test should not be performed if this test is contraindicated.

Procedure

1. Have the client grab the bar with arms supinated and palms facing them.
2. Begin with the arms completely extended.
3. Have the client pull up their body until the chin clears the top of the bar, and then lower back down to starting position.
4. Make sure there are no jerky movements or swinging of the body.
5. Count how many properly performed pull ups can be completed until fatigue.
6. If the client loses proper form, the test is stopped.

Equipment

- A bar

Results

The number of correctly completed pull ups is recorded. It is assumed that with adequate training between tests, the client's arm and shoulder strength will improve, thus their repetitions increasing.

The chart below shows the norms for ages 16-19, you may use it as a guide with your clients (Davis et al. 2000).

	Excellent	Above Average	Average	Below Average	Poor
Male	>13	9 - 13	6 - 8	3 - 5	<3
Female	>6	5 - 6	3 - 4	1 - 2	0