

## STRENGTH TEST – SQUAT



### Purpose

The purpose of this test is to determine the strength of the lower body muscles, specifically the quads, hamstrings, and glutes.

### Procedure

1. This test is completed without use of outside weights.
2. For beginners, it might be necessary to use a chair to help reference them, but make sure they are not resting on it and then pushing back up.
3. To begin, have the client stand with feet shoulder width apart. Remind them to keep their weight in the heels, knees in line with their ankles, and hands out for counterbalance.
4. Have them do as many bodyweight squats as they can until they are fatigued.
5. If they are using the help of a chair, make sure it is placed behind them just so the edge can be touched by their buttocks.

### Equipment

- A chair (if necessary)

### Results

Record the number of squats that can be completed before fatigue. Make sure the client has proper technique during the entire test. As a way to gauge the client's ability, reference the chart below.

## Women

Age ▶	20-29	30-39	40-49	50-59	60+
Excellent	>29	>26	>23	>20	>17
Good	27-29	24-26	21-23	18-20	15-17
Above Average	24-26	21-23	18-20	15-17	12-14
Average	21-23	18-20	15-17	12-14	9-11
Below Average	18-20	15-17	12-14	9-11	6-8
Poor	15-17	12-14	9-11	6-8	3-5
Very Poor	<15	<12	<9	<6	<3

## Men

Age ▶	20-29	30-39	40-49	50-59	60+
Excellent	> 34	> 32	> 29	> 26	> 23
Good	33-34	30-32	27-29	24-26	21-23
Above Average	30-32	27-29	24-26	21-23	18-20
Average	27-29	24-26	21-23	18-20	15-17
Below Average	24-26	21-23	18-20	15-17	12-14
Poor	21-23	18-20	15-17	12-14	9-11
Very Poor	< 21	< 18	<15	<12	<9