



8 Week Master Testing Guide

STRENGTH TESTS

3RM Deadlift

Equipment: Barbell & Weights

Protocol: Set up Barbells and weights next to them. Allocate 25min to allow them to build up to a heavy 3RM on deadlifts. Allowing 3-6min of rest between each attempt

Test: 3RM

KPIs: Heavy as possible

3RM Squat

Equipment: Barbell & Weights

Protocol: Set up Barbells and weights next to them. Allocate 25min to allow them to build up to a heavy 3RM on squats. Allowing 3-6min of rest between each attempt

Test: 3RM

KPIs: Hit parallel depth, Heavy as possible

3RM Bench

Equipment: Barbell, Weights & Benches

Protocol: Set up Barbells and Benches in the squat racks. Allocate 25min to allow them to build up to a heavy 3RM on Bench. Allowing 3-6min of rest between each attempt

Test: 3RM

KPIs: Barbell to touch the chest, Heavy as possible

CARDIOVASCULAR TESTS

2km Row

Equipment: C2 Rower

Protocol: Have members set their rowerto count down from 2000m. Set damper to level 4. Go to Select Workouts - New Workout - Single Distance - Set to 2000m

Test: 2km For Time

Score: Time

MyZone Fitness Test

<https://www.myzone.org/blog/users/mz-fitness-test-2>

FT Chipper

Equipment: Treadmill, Rower, Bike, Ski & Box

Protocol: Set a timer for 30min. Set up equipment as needed

Test: Complete in order as many rounds as you can in 30min

500m Run/Tradelink run

20 Box Step Over

500m Ski

3 Laps Heavy Sandbag

500m Row

20 Push Up

1km bike

Score: Amount of rounds + whatever you finished. E.g 3 rds +200m Row

STRENGTH ENDURANCE TESTS

Max Inverted Row

Equipment: TRX

Protocol: Have toes jammed into wall with bent knees. Pull yourself all the way up.

Test: Clients to perform as many rows as they can. Feet at right angle. Chest must have elbows locked out at the bottom

Score: Max rows

Max Push Up

Equipment: Barbell, Weight Plates

Protocol: Set up barbell so the start of the sleeves and in the holes of the weight plates.

Test: Clients to perform as many push ups as they can. Chest hit the bar.

Score: Max Push Ups

Score: Max Distance