



Test Format

- 1) Slow Warm-up: Simple to Complex: Band pull-aparts, Shoulder Circles, Xs, Hang Stretch, Spiderman Lunges, Dragon Walks
 - 2) Fast Warm-up: Simple to Complex: OH Reverse Lunges + Twist, 45 High Knees, Power Skips, Box Step Off—Absorb—Sprint, Box Jump
 - 3) Reactive Jump Test (12" @ 1:00): _____
 - 4) Broad Jump Test (3 Attempts): _____
 - 5) Vertical Jump Test (Force Plate): _____
 - 6) Squat RM: 65/95 lbs. for max reps: _____
 - 7) Bench Press: 3RM: _____
 - 8) Push-up for Max reps: _____
 - 9) Pull-up for Max Reps: _____
 - 10) Biometrics (Attach)
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Test Questionnaire

- 1) Test Date: ____/____/____
- 2) Day of Week: _____
- 3) Time of Day: _____
- 4) Temperature: _____
- 5) Noise Level: High Moderate Low
- 6) Humidity: High Moderate Low
- 7) Athlete Affect: Laid Back/Driven Free/Inhibited Engaged/Disengaged
- 8) Athlete HR: ____/____
- 9) List Medications: _____
- 10) Caffeine Consumed: _____
- 11) Time of Last Meal: _____
- 12) Describe the Meal: _____
- 13) Describe the test environment: _____
- 14) Tester Confidence in Measurements (0-100%): _____
- 15) Do you believe maximum effort is being applied? Yes No
- 16) Did the athlete perform an appropriate warm-up? Yes No
- 17) List people present: _____
- 18) How would you rate the tester: Very Experienced Experienced Novice Unqualified
- 19) Describe the athletes clothing and footwear: _____
- 20) HR Post-test: ____/____

