

LABORATORY 4.5



Complete Lab 4.5 online at
www.pearsonhighered.com/powers.

Name _____

Date _____

Instructor _____

Section _____

Measuring Core Strength and Stability

Position a watch on the ground where you can easily see it.

1. Assume the basic press up position, with your elbows on the ground (see the figure below). Hold this position for 60 seconds.
2. Lift your right arm off the ground. Hold this position for 15 seconds.
3. Return your right arm to the ground, and lift your left arm off the ground. Hold this position for 15 seconds.
4. Return your left arm to the ground, and lift your right leg off the ground. Hold this position for 15 seconds.
5. Return your right leg to the ground, and lift your left leg off the ground. Hold this position for 15 seconds.
6. Lift your left leg and right arm off the ground. Hold this position for 15 seconds.
7. Return your left leg and right arm to the ground, and lift your right leg and left arm off the ground. Hold this position for 15 seconds.
8. Return to the basic press up position (elbows on the ground). Hold this position for 30 seconds.



Basic press-up position

Scan to view a
demonstration video
of the basic
press-up. ▶



ANALYSIS

Analysis of the result involves comparing it with the results of previous tests. It is expected that, with appropriate training between each test, the analysis would indicate an improvement.

If you were able to complete this test, you have good core strength. If you were unable to complete the test, then repeat the routine 3 or 4 times a week until you can.

Source: Modified from the Core Muscle Strength Test by Brian Mackenzie, www.brianmac.co.uk/coretest.htm.

GOAL SETTING

1. Based on your results, write a goal to maintain or improve your current core strength and stability. For example, if you were able to hold the position for 60 seconds in step 1 but were unable to lift your right arm off the ground (step 2), your goal might be to work on completing step 2 and step 3. If you completed all steps, your goal could be to maintain your current core strength and stability.

Goal: _____

2. Write three strategies for how you intend to achieve your goal. For example, an objective for improving your current fitness status might be to perform steps 3 and 4 three times a week. To progressively overload the muscles, increase to steps 5 and 6.

1.

2.

3.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.