



Lab A4-7 *Dynamic Muscular Endurance Test Battery*

For this test, you perform seven different strength exercises using resistance that is a set percentage of your total body weight.

Equipment

1. Flat bench (with or without racks)
2. Barbell, assorted weight plates, and collars to hold weight plates in place
3. Lat pull-down machine
4. Pull-down machine for triceps extension
5. Leg curl machine
6. Incline board (sit-up station)
7. Weight scale

Preparation

Weigh yourself: _____ lb. Fill in the appropriate resistance column (men or women) in the chart below by multiplying the percent body weight number by your body weight. These calculations determine the amount of weight you should lift for each exercise. Try each exercise a few times so that you can practice your technique and warm up your muscles.

Instructions

Perform each exercise as described below, using the amount of resistance you calculated and entered in the chart. Perform as many repetitions as possible, up to a maximum of 15. Record the number of repetitions of each exercise you perform.

Arm/bicep curl (free weights): See exercise 5 in the free weights program in your text (p. 109).

Bench press (free weights): See exercise 1 in the free weights program in your text (p. 107).

Lat pull-down (lat machine): See exercise 2 in the weight machine program in your text (p. 112).

Triceps extension (pull-down station): Stand with feet shoulder-distance apart. Grasp the bar with a pronated (palms away) grip; elbows should be close to the body and hands should be in line with the elbows. The bar should be at about face level. Press the bar down by fully extending the elbows. Return to the starting position and repeat.

Leg curl (leg curl or knee flexion machine): See exercise 13 in the weight machine program in your text (p. 118).

Bent-knee sit-up (incline board sit-up station and free weights): Lie on your back on the incline board with knees bent and feet hooked under the support. Arms should be crossed on your chest. Keeping your middle and low back flat on the board, raise your head and shoulders off the board. Return to the starting position.

LAB A4-7 (continued)

Exercise	Men		Women		Repetitions (maximum = 15)
	Percent body weight to be lifted	Amount of resistance	Percent body weight to be lifted	Amount of resistance	
Arm curl	0.33		0.25		
Bench press	0.66		0.50		
Lat pull-down	0.66		0.50		
Triceps extension	0.33		0.33		
Leg extension	0.50		0.50		
Leg curl	0.33		0.33		
Bent-knee sit-up	—		—		
TOTAL					

Rating Your Dynamic Muscular Endurance

Total your repetitions for each exercise to calculate your overall score. Find your rating in the table below.

Rating: _____

Total repetitions	Fitness category
91–105	Excellent
77–90	Very good
63–76	Good
49–62	Fair
35–48	Poor
<35	Very poor