

## MUSCULAR ENDURANCE TEST: LOWER BODY

To test your lower body muscular endurance, perform leg squats until the point of exhaustion. Stand in front of a chair or bench as though you are about to sit on it, with your feet slightly wider than shoulder width apart. (The best size chair to use is one that makes a right angle of your knees when you are seated comfortably in it.) Squat down until your butt just grazes the seat of the chair or bench, but stand back up before you rest any weight on it. Keep your back straight and perform the movements without jerking. Repeat until you are fatigued. Record your number of squats (score) and see how you perform against the accepted standards outlined in Table 3.



# MUSCULAR ENDURANCE TEST: LOWER BODY SCORES AND RATINGS

## WOMEN

Rating	Score					
	(AGES 18-25)	(AGES 26-35)	(AGES 36-45)	(AGES 46-55)	(AGES 56-65)	(AGES 65+)
VERY POOR	0-17	0-12	0-6	0-4	0-2	0-1
POOR	18-24	13-20	7-14	5-9	3-6	2-4
BELOW AVERAGE	25-28	21-24	15-18	10-13	7-9	5-10
AVERAGE	29-32	25-28	19-22	14-17	10-12	11-13
ABOVE AVERAGE	33-36	29-32	23-26	18-21	13-17	14-16
GOOD	37-43	33-39	27-33	22-27	18-24	17-23
EXCELLENT	More than 43	More than 39	More than 33	More than 27	More than 24	More than 23

## MEN

	Score					
	(AGES 18-25)	(AGES 26-35)	(AGES 36-45)	(AGES 46-55)	(AGES 56-65)	(AGES 65+)
VERY POOR	0-24	0-21	0-16	0-12	0-8	0-6
POOR	25-30	22-28	17-22	13-17	9-12	7-10
BELOW AVERAGE	31-34	29-30	23-26	18-21	13-16	11-14
AVERAGE	35-38	31-34	27-29	22-24	17-20	15-18
ABOVE AVERAGE	39-43	35-39	30-34	25-28	21-24	19-21
GOOD	44-49	40-45	35-41	29-35	25-31	22-28
EXCELLENT	More than 49	More than 45	More than 41	More than 35	More than 31	More than 28

(Source: adapted from *Y's Way to Physical Fitness*, Lawrence A. Golding, et al., 1986)

Table 3

Muscular Endurance Test: Lower Body Score: \_\_\_\_\_

Muscular Endurance Rating: Lower Body Rating: \_\_\_\_\_