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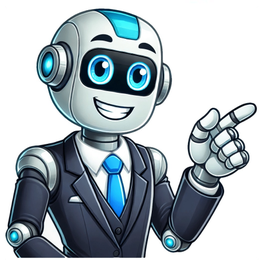

Home > Fitness Testing > Tests > Strength > Trunk Lift The Trunk Lift back extensor strength test requires the participant to lift the upper body off the floor using the muscles of the back, and hold that position while the height is measured. test purpose: this test measures trunk extensor strength, flexibility and endurance. equipment required: gym mat, measuring device (e.g. yardstick, ruler, tape measure), marker. pre-test: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Perform an appropriate warm-up. See more details of pre-test procedures. procedure: The aim of the test is to lift the upper body off the floor using the muscles of the back and hold the position to allow for the measurement. The subject lies on the mat in a face-down position, with toes pointed back behind the body and hands placed under the thighs. 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This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain. What is the normal measurement for sit and reach? Sit and Reach Normative Data Results Table Result Men Women Good 21 – 29cm 26 – 35cm Average 15 – 20cm 16 -25cm Fair 8 – 15cm 7 – 15cm Poor 1 – 7cm 5 – 6cm What is the purpose of a sit and reach test? Background and purpose: The sit-and-reach test (SRT) is commonly used to assess flexibility of the spine and length of the hamstring muscles. What is a good sit and reach? The sit and reach test is used to measure a clients flexibility (in particular their hamstring and lower back flexibility)….Sit and Reach Test. Fitness category Males Females Excellent >46.5cm >45.5cm Good 46.5 – 38.0 45.5 – 38.0 Average 37.5 – 27.0 37.5 – 29.0 Below Average 26.5 – 17.0 28.5 – 20.0 What is trunk lift? What is a Trunk Lift? In this procedure, also known as a lower body lift, the sagging skin of the abdomen, outer thighs, buttocks, hips and waist is improved through incisions that extend all the way around the trunk area to remove a “belt” of excess skin and fat. A trunk lift can: Flatten the belly. What is the result of sit and reach? Sit and Reach Flexibility Test The sit and reach test is a common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain. What is a sit and reach exercise? The Sit and reach test is one of the linear flexibility tests which helps to measure the extensibility of the hamstrings and lower back. It was initially described by Wells and Dillon in 1952 and is probably the mostly used flexibility test. What is a sit reach? The sit and reach test is used to measure a clients flexibility (in particular their hamstring and lower back flexibility). The sit and reach test is the most common of all flexibility tests. It measures the flexibility of the clients lower back and hamstrings. All you need is a box about 30cm high and a metre ruler. What muscles does the sit and reach test stretch? The “Sit and Reach” test measures the general flexibility of your lower back and hamstring muscles. Because tightness in the low back and hamstrings is often related to muscle pain and stiffness, this test may help determine a person’s risk for future pain and injury. How is the sit and reach test measured? The sit and reach test is the most common of all flexibility tests. It measures the flexibility of the clients lower back and hamstrings. All you need is a box about 30cm high and a metre ruler. Sit and Reach Test. What do you need to know about trunk lift? Trunk Lift This test measures your upper body flexibility and the strength of the muscles that stabilize your upper body and protect your spinal cord. Trunk Lift will let you know if you work is needed to the strength of your lower back muscles. What is the trunk lift back extensor test? Trunk Lift Test. The Trunk Lift back extensor strength test requires the participant to lift the upper body off the floor using the muscles of the back, and hold that position while the height is measured. This test is part of the FitnessGram and Brockport test batteries. What’s the best way to measure your reach? Place the ruler on the ground between your legs or on the top of the step. Place one hand on top of the other, then reach slowly forward. At the point of your greatest reach, hold for a couple of seconds, and measure how far you have reached. Click to see full answer. The trunk lift test is a physical fitness test that measures the flexibility and strength of a student’s lower back and hamstrings. It’s part of the FitnessGram assessment, a physical fitness evaluation program for school-aged children. Other tests in this assessment include the fitness gram pacer and curl-up tests. The trunk lift fitnessgram test measures the muscles in your core and lower back, essential for overall strength. Other components of the FitnessGram test include the following: In this post, I will show you the correct way to do the trunk lift test. Lay on the mat face down, toes pointed. Place a coin or other marker on the floor in line with the student’s eyes. During movement, the eye’s focus should not move from this marker. Place hands under thighs. Lift the body off the floor in a very slow and controlled manner to a maximum height of 12 inches, keeping the head aligned with the spine. Hold this position long enough to allow the tester to measure. Return to the starting position in a controlled manner. Repeat and record the highest of the two scores. Here are some form breaks for the trunk lift: One of the form breaks is to keep your students from bouncing on the way up. And the second form break that you want to prevent your kids from doing is going above 12 inches. Home > Fitness Testing > Tests > Strength > Trunk Lift The Trunk Lift back extensor strength test requires the participant to lift the upper body off the floor using the muscles of the back, and hold that position while the height is measured. test purpose: this test measures trunk extensor strength, flexibility and endurance. equipment required: gym mat, measuring device (e.g. yardstick, ruler, tape measure), marker. pre-test: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Perform an appropriate warm-up. 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When done correctly, the trunk lift can help improve posture, reduce the risk of injury, and increase athletic performance. So if you’re looking for a challenging, effective exercise to add to your workout routine, the trunk lift test is worth a try. It will help you get more robust and balanced and provide valuable insight into your overall fitness level. So give it a go and see what results you can get!Trunk Extension Test EquipmentThe trunk lift test is a critical assessment tool for measuring core strength and endurance. With the right equipment, this test can be an effective way to measure core strength and endurance.The trunk lift device supports the torso during the test.The exercise mat is used to comfort and prevent injury.The stopwatch records the total duration of the trunk lift.How to Perform Trunk Extension TestThe trunk lift test is vital in assessing core strength and stability. The test involves lifting your trunk off the ground while keeping your arms and legs straight. It’s a great measure of strength and stability in the lower back and abdominal muscles.To perform the test, start by lying face-up on the ground with your legs straight and your arms at your sides. Keeping your arms and legs straight and your core engaged, lift your trunk off the ground as far as possible.Then, hold the position for five seconds, lower your trunk back down to the floor, and rest for a few seconds before repeating. The test results can provide valuable insight into your core strength and stability and give you an idea of how to improve.AdvantagesThe trunk lift test is a great way to evaluate your all-encompassing fitness. It measures your strength, endurance, and flexibility while testing balance and coordination.Improve Strength and FlexibilityThe trunk lift test can help identify any restrictions in mobility and is a great way to assess your overall flexibility. This test can greatly measure your progress if you want to incrementally raise your flexibility and strength. Plus, it’s easy to do at home and requires minimal equipment.Define Your ButtocksThe trunk lift test involves lifting your legs off the ground while keeping your trunk straight. Doing this helps to target and strengthen your glute muscles, leading to a more toned and defined butt.Anyone Can Do ItThe trunk lift test is one of the best exercises to flatten the belly. This test requires you to lie on the floor and lift your trunk off the ground while keeping your legs straight. The exercise strengthens your abdominals and helps you to reduce belly fat. This exercise is especially beneficial for those with weak core muscles or just starting an exercise program. This post includes affiliate links. If you make a purchase through these links, Wellyme may receive a small commission at no additional cost to you. We only recommend products we truly believe in.Flexibility, often overlooked, plays an essential role in overall health, fitness, and quality of life. It is a key component in the prevention of musculoskeletal problems and enhances the effectiveness of physical activities. Evaluating flexibility can help identify joint mobility limitations or muscle stiffness, establish baseline values, and monitor progress in rehabilitation or training programs. Measuring flexibility is not a straightforward process. There isn't a single test that can provide a comprehensive score for overall flexibility. Each test is designed to assess a specific movement or joint, and general flexibility is gauged using a combination of these tests. Flexibility measurement methods can be broadly categorized into two types: direct and indirect.Direct MethodThe direct method measures the angular displacement between adjacent body segments or from an external reference point. This method is often used to assess the range of motion in joints.Indirect MethodThe indirect method involves linear measurements of the distance between body segments or between an anatomical landmark and another point or object. This method is generally used to evaluate the reachability and stretchability of different body parts.A comprehensive flexibility assessment using these methods can be time-consuming. Still, it is necessary for an accurate evaluation of an individual's flexibility level.Several tools are used to measure flexibility, including the universal goniometer of varying lengths, clinical goniometer or inclinometer, tape measure, and more advanced tools like radiography or cinematography. However, the latter are often expensive and invasive, making them less commonly used.An effective flexibility measurement protocol typically involves a proper warm-up followed by three measurements per joint. The highest angle achieved is then considered for evaluation.This is the most widely recognized flexibility test, measuring the flexibility of the lower back and hamstring muscles.The individual sits on the floor with legs extended straight ahead, feet flat against a box or a similar device. Without bending the knees, the individual leans forward and reaches along the measuring line as far as possible, holding the position for a brief moment.The distance reached by the hands on the measuring line is recorded, with positive scores for reaching beyond the toes and negative for distances behind the feet.Shoulder Flexibility TestThis test assesses the flexibility of the shoulder joint.From a standing or sitting position, one hand reaches over the shoulder and down the back while the other hand reaches up from behind and attempts to touch or interlock fingers with the first hand.The test is qualitative, assessing whether the fingers can touch or interlock. The degree of ease or difficulty in achieving this can also be noted.Trunk Lift TestThis test measures the flexibility and strength of the lower back and hamstring muscles.Lying face down on the floor, the individual slowly lifts the upper body off the ground using the lower back muscles, keeping the hips on the floor.The height the chest lifts off the ground is measured, with higher lifts indicating better flexibility and lower back strength.Thomas TestUsed to evaluate the flexibility of the hip flexors.The individual lies on their back on a table or bench, bringing one knee to the chest to flatten the lower back against the surface, while allowing the other leg to hang freely off the edge.The test looks at the position of the hanging leg; if the thigh cannot remain horizontal or the knee cannot bend to 90 degrees without the lower back lifting, it indicates tight hip flexors.Ankle Flexibility TestThis test measures the flexibility of the ankle joint, particularly the calf muscles and the Achilles tendon.The individual stands facing a wall with the toe of one foot touching the wall while keeping the heel on the ground. The other foot is placed behind for stability. The individual then leans forward without lifting the heel.The distance of the toe from the wall is increased until the heel just lifts off the ground, and this distance is measured. Greater distances indicate better ankle flexibility.In conclusion, understanding and measuring flexibility is crucial for maintaining good health and physical fitness. It can help identify potential issues, guide training programs, and monitor progress. Despite the complexity and time required for a comprehensive evaluation, the benefits of regular flexibility assessment are undeniable.This article is for informational purposes only and is not a substitute for professional medical advice. If you spot any errors, please contact us using the information provided. We value your feedback and will review and correct content as needed. 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Skip to navigation Skip to contentWorldwide shipping on all ordersWorldwide shippingEasy 30 days returns 30 days money back guarantee Outstanding support100% Secure Checkout PayPal / MasterCard / Visa © Cartwright Fitness 2025 Built by Colin 0 ratings0% found this document useful (0 votes)763 viewsSaveSave trunk lift test protocol.pdf For Later0%0% found this document useful, undefined The trunk lift test is a crucial tool for measuring upper body flexibility, strength, and endurance. It requires a gym mat, a measuring device (e. g. yardstick, ruler, tape measure), and a marker. The test is designed to determine the amount of work needed to increase the strength of the back muscles. Most school-aged individuals will pass this test easily.The test measures trunk and shoulder flexibility, which is essential for injury prevention and is particularly important in swimming, racket sports, and throwing sports. To perform the test, place the measuring tape between your legs with the 38cm mark level with your feet and the zero cm mark around your knees. Place one leg on the floor and lift the upper body off the floor slowly and controlled to a maximum height of 12 inches.The single arm farmers carry test is used as a test for lateral trunk stability, but it can also be used to improve trunk stability. The trunk lift test involves lifting your legs off the ground while keeping your trunk straight. This helps target and strengthen your trunk muscles.To teach students how to test themselves on different components of fitness using the Fitnessgram framework, they can perform a trunk stability test through a Functional Movement Screen. This video provides an easy guide on how to properly administer the trunk lift test and other fitness tests.Useful Articles on the TopicArticleDescriptionSiteTrunk Lift TestThis test measures trunk extensor strength, flexibility and endurance. equipment required: gym mat, measuring device (eg yardstick, ruler, tape measure), ...topendsports.com Trunk Lift Protocol VideoThe objective of the trunk lift is to lift the upper body off the floor by using the muscles of the back and then hold the position to ... (Image Source: Pixabay.com) What Is The Trunk Lift Back Extensor Strength Test?The Trunk Lift back extensor strength test evaluates trunk extensor strength, flexibility, and endurance by requiring participants to lift their upper body off the floor using back muscles while measuring the height achieved. This test is instrumental in identifying low back pain issues and assesses the strength and endurance of the back extensor muscles, aided by the latissimus dorsi, quadratus lumborum, and trapezius muscles. Through this assessment, one can determine the flexibility of the upper body and the stabilizing strength of muscles that protect the spinal cord.Read also: How To Fall In Love With Fitness Again?Participants must lie in a prone position, toes pointed, and hands beneath their thighs, maintaining focus on the mat throughout the lift. The controlled and slow lifting action can reach a maximum height of 12 inches. The reliability of this test, along with other measures like the Biering-Sorensen test, provides valuable insights into someone’s back extension endurance capacity. Trunk endurance tests on apparatus like Roman chairs are also compared to standardized tests for further evaluation.This assessment is particularly pertinent for various conditions related to the lower back, such as low back pain, herniated discs, spinal stenosis, and scoliosis. Moreover, it serves as a foundational activity for students in grades five, seven, and nine, promoting the establishment of life-long routines of physical activity. Through the exercise, the strength and stability of the lower back are measured, which is critical for core stability and prevention of lower back issues.Ultimately, the Trunk Lift back extensor strength test aims not only to evaluate existing conditions but also to instill awareness regarding the importance of core strength in overall health and wellness. (Image Source: Pixabay.com) What Is A Trunk Lift Test?The trunk lift test is an accessible evaluation for individuals with high endurance levels, primarily assessing upper body strength and identifying areas for improvement. The test measures trunk extensor strength, flexibility, and endurance, determining participants' upper body strength based on their chin-to-ground distance. It involves lifting the upper body off the ground using back muscles while maintaining body balance.The test is crucial for athletes as it enhances back strength and helps gauge the necessary work to optimize back muscle performance, particularly for those involved in sports requiring upper body strength.Read also: How To Set Fitness Goals On Iwatch?The trunk lift test, part of the FitnessGram assessment, evaluates flexibility and strength in the lower back and hamstrings, which is essential for injury prevention, particularly in swimming and racket sports. This assessment highlights the relationship between trunk strength and lower back health, as the primary muscle groups engaged include the hamstrings, back extensors, and abdominal muscles.While the test consists of a single repetition and is somewhat limited in scope, it provides a fundamental assessment of trunk strength and flexibility, especially for school-aged individuals. The objective is to lift the upper body using back muscles and sustain the position for measurement. Proper equipment includes gym mats, establishing the trunk lift as the sole method for assessing trunk extensor strength in the fitness gram, while also monitoring flexibility and mobility of the trunk and neck. Overall, the trunk lift test serves as a valuable tool in fitness assessments and injury prevention strategies. Fitness Test- Trunk LiftThis is a how to video for the trunk lift fitness test. 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Place a marker on the floor in line with the eyes (a coin or other marker), which they must maintain focus on throughout the movement (to help keep head in alignment). When ready, the upper body is lifted off the floor, in a very slow and controlled manner, to a maximum height of 12 inches. The head should be maintained in a straight alignment with the spine. The position must be held long enough for a measurement to be made of the distance - from the floor to the chin. Once the measurement has been made, the participant returns to the starting position. Two trials are allowed, with the best score recorded. scoring: This test will be assessed as the distance from the floor to the chin. The maximum score on this test is 12 inches, anything over this distance is recorded as 12 inches. advantages: this is a simple test to perform, with minimal equipment disadvantages: You are only able to test one person at a time, so may take a while to test large groups. You can get participants to partner up, with one measuring and one performing the test. comments: Do not allow students to do ballistic, bouncing movements - all movements should be performed in a slow and controlled manner. The scoring is limited to 12 inches as it is not safe to encourage hyperextension, which can cause compression of the spinal discs. This test is part of the FitnessGram and Brockport test protocols. Isometric Back Strength Upper Back Strength (Kraus-Weber) Plank Test Any comments, suggestions, or corrections? Please let us know. 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These muscles are important for the avoidance of injury as you increase activity through your exercise program.Assess and compare posterior chain strength and anterior flexibility to healthy norms.EquipmentYardstick or 12 inch rule and tapeProcedureBefore testing allow participant to adequately stretch as well as perform moderate aerobic exercise. Consult with participant about any past muscular problems in their back. The client lays face down position, with lower body relaxed and hands placed under or to the side of thighs. To maintain spinal alignment, instruct client to maintain focus on the floor with chin tucked. The client lifts their upper body off the floor, to a maximum height of 12 inches. The measurement is the distance from the floor to the student’s chin. Two trials are allowed, with the best score recorded.DATE-Trunk Lift Distance-Trunk Lift Classification-CLASSIFICATIONFROM (in)TO (in)Superior13> 13Excellent1112Normal910Poor78Very Poor06