

Athlete testing battery

Pick the tests that fit the athlete. Repeat them under the same conditions, and compare each athlete with their own last result first.

Athlete: _____ Date: _____

Powerlifting

Quality	Test	What to record	Equipment	How often
Maximal strength	Squat, bench, deadlift	Heaviest recent single, or a hard set to estimate one	Barbell, plates, rack	Each block
Body size	Bodyweight	Kilograms, same morning and scale	Scale	Weekly
Lower body power	Countermovement jump	Jump height in centimetres	Jump mat or phone app	Each block
Technique	Competition lifts on video	Depth, pauses, lockout	Phone	Every few weeks

Weightlifting

Quality	Test	What to record	Equipment	How often
Maximal strength	Snatch, clean and jerk	Heaviest recent single	Barbell, plates	Each block
Leg strength	Front squat, back squat	Heaviest recent single or set	Barbell, rack	Each block
Power	Countermovement jump	Jump height in centimetres	Jump mat or phone app	Each block
Mobility	Overhead squat depth	Pass or fail, with a note	Phone	Each block

Team sport or boxing

Quality	Test	What to record	Equipment	How often
Strength	Back squat, bench press	Heaviest recent single or set	Barbell, plates	Each block
Power	Countermovement jump, broad jump	Distance or height	Tape, jump mat	Each block
Speed	10 and 30 metre sprint	Seconds	Timing gates or stopwatch	Each block
Conditioning	Repeated effort test of your choice	Time or distance	Track, bike or rower	Each block

Results

Test Result Last time Note

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