

# Core Muscle Strength and Stability Test

There are many exercises available for developing strong abs and building core strength, but few methods offered for evaluating that strength. Sports Coach, Brian Mackenzie offers the following Core Muscle Strength and Stability Test as a way to determine your current core strength and gauge your progress over time.

## Objective

The objective of the Core Muscle Strength & Stability Test is to monitor the development of the athlete's abdominal and lower back muscles.

## Equipment Needed

To undertake this test you will need: Flat surface, Mat, Watch

## Conducting the Test – to score, circle to the level you complete

The Core Muscle Strength & Stability Test is conducted as follows:

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

1. Assume the basic plank/hover position (elbows on the ground).
2. Hold this position for 60 seconds
3. Lift your right arm off the ground.
4. Hold this position for 15 seconds
5. Return your right arm to the ground and lift the left arm off the ground.
6. Hold this position for 15 seconds
7. Return your left arm to the ground and lift the right leg off the ground.
8. Hold this position for 15 seconds
9. Return your right leg to the ground and lift the left leg off the ground.
10. Hold this position for 15 seconds
11. Return your left leg to ground and lift your right leg and left arm off the ground.
12. Hold this position for 15 seconds
13. Return your right leg and left arm to the ground and lift your left leg and right arm off the ground.
14. Hold this position for 15 seconds
15. Return to the basic plank position (elbows on the ground).
16. Hold this position for 30 seconds

Your score is equal to the number that corresponds to your last completed position (1-16) Your Score = \_\_\_\_\_

## Analysis

Analysis of the result is by 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 then it indicates you have good core strength. If you are unable to complete the test then repeat the routine 3 or 4 times a week until you can.

If core strength is poor then the torso will move unnecessarily during motion and waste energy. Good core strength indicates that the athlete can move with high efficiency.

