

### Strength and Power test results 2016-2017:

Below are the average strength scores (measured as a percentage of body weight) for all paddlers selected for the 2016-2017 seasons' ACT Fire squad. If you are interested in making the ACT Fire squad in future seasons, these can be treated as targets.

|                | SQUAT   | BPRESS | BPULL  | PEAK POWER |
|----------------|---------|--------|--------|------------|
| <b>ALL</b>     | 119.31% | 65.17% | 70.28% | 279.84%    |
| <b>MALES</b>   | 129.57% | 77.35% | 79.93% | 376.24%    |
| <b>FEMALES</b> | 115.12% | 60.18% | 66.33% | 244.79%    |

### Strength and Power test results 2015-2016:

Below are the average strength scores (measured as a percentage of body weight) for all paddlers selected for last season's 2015-2016 season ACT Fire squad.

|                | SQUAT   | BPRESS | BPULL  | PEAK POWER |
|----------------|---------|--------|--------|------------|
| <b>ALL</b>     | 126.39% | 59.25% | 66.60% | 468%       |
| <b>MALES</b>   | 128.55% | 69.05% | 75.44% | 581%       |
| <b>FEMALES</b> | 125.82% | 56.60% | 64.21% | 438%       |

### Interpretation:

We are a stronger crew than last season, particularly in the press and pull. As such, training will focus on the development of whole crew speed and power.

### Video links for ACT Fire benchmarking tests:

#### 3 repetition maximum bench press

Bench press on flat bench with hands just outside shoulders - kg lifted as a percentage of total body mass.

[https://youtu.be/ce2k2upyP\\_Q](https://youtu.be/ce2k2upyP_Q)

#### 3 repetition maximum bench pull

Bench pull with similar grip to bench press, lying prone on a high bench - kg lifted as a percentage of total body mass.

<https://youtu.be/lkdheON0xxo>

#### 3 repetition maximum quarter squat

Back squat with barbell across shoulders - kg lifted as a percentage of total body mass.

<https://youtu.be/seWrvRhZCp0>

### **30 second power test on an arm crank ergometer**

Peak power, minimum power and fatigue index (peak – min power) using an arm crank ergometer – power produced in watts, as a percentage of total body mass.

<https://youtu.be/X6AednDMxIA>

#### **Testing:**

To find your current score, perform a 3 repetition maximum test

For some guidelines on how to run strength testing see this online book, page 285

<https://books.google.com.au/books?id=0OPIiMks58MC&pg=PA285&lpg=PA285&dq=how+to+perform+a+3RM+test&source=bl&ots=M7PnW64vIU&sig=2Q0vn3R2u4hixofr7sYMPc5SHVI&hl=en&sa=X&ved=0ahUKEwjM2ejEn8vJAhVDKpQKHSzLAb04ChDoAQgnMAI>

To see the reliability of the 3RM tests please see this link

<http://www.ncbi.nlm.nih.gov/pubmed/24482597>