

PULL-UP TEST

Purpose: To measure dynamic endurance of flexor muscles in arm and shoulder.

Method: The conscript is required to raise his chin over a bar and then return to the starting point with elbows fully extended.

Outcome: Repeats without time limit. Repeats have to be consecutive and intermission in the starting point is not allowed. Result categories: Excellent (≥ 14), Good (≥ 10), Fair good (≥ 6) and Poor (< 6) [repeats].



Starting position



Top position