

BACK LIFT TEST

Purpose: To measure dynamic endurance of back and hip-extensor muscles.

Method: The conscript lies prone on the floor with hands behind the neck in the starting position. An assistant supports the legs (contrary to the picture). During the movement, the upper body is lifted until the scapulas are approximately 30 cm higher than in the starting point. Thereafter, the upper body is lowered down back to the starting position.

Outcome: Number of consecutive repeats completed in 60 seconds. Result categories: Excellent (≥ 60), Good (≥ 50), Fair good (≥ 40) and Poor (< 40) [repeats].



Starting position



Top position