



Follow-up Performance Assessment

Name: _____

Date: _____

MAXIMUM STRENGTH TESTS

MAJOR LIFT	SESSION 1 (BASELINE)		SESSION 2		SESSION 3	
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT
Bench press						
Squat						
Deadlift						

POWER TESTS

MAJOR LIFT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT
	Barbell clean					
Barbell snatch						
	HEIGHT / DISTANCE		HEIGHT / DISTANCE		HEIGHT / DISTANCE	
Vertical jump						
Overhead medicine ball toss						

STRENGTH ENDURANCE TESTS

MAJOR LIFT	SESSION 1 (BASELINE)				SESSION 2 (FOLLOW-UP)			
	1RM LOAD	% OF MAX	LOAD	REPS	1RM LOAD	% OF MAX	LOAD	REPS
Bench press								
Squat								
Deadlift								



V_{MAX}

SESSION 1 (BASELINE)		SESSION 2		SESSION 3	
FINAL SPEED	FINAL ELEVATION	FINAL SPEED	FINAL ELEVATION	FINAL SPEED	FINAL ELEVATION

T_{MAX}

	SESSION 1 (BASELINE)	SESSION 2	SESSION 3
Time at initial V_{max}			
Time at new V_{max}			