Core Muscle Strength and Stability Test
- How to assess your core strength

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http://sportsmedicine.about.com/od/bestabexercises/a/core_test.htm

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.

Core Muscle Strength & Stability Test
The objective of this evaluation is to monitor the development and improvements of an athlete’s core strength and endurance over time. To prepare for the assessment you will need:
• Flat surface
• Mat
• Watch or clock with second counter

Conducting the Test
1. Position the watch or clock where you can easily see it
2. Start in the Plank Exercise Position (elbows on the ground)
3. Hold for 60 seconds
4. Lift your right arm off the ground
5. Hold for 15 seconds
6. Return your right arm to the ground and lift the left arm off the ground
7. Hold for 15 seconds
8. Return your left arm to the ground and lift the right leg off the ground
9. Hold for 15 seconds
10. Return your right leg to the ground and lift the left leg off the ground
11. Hold for 15 seconds
12. Lift your left leg and right arm off the ground
13. Hold for 15 seconds
14. Return you left leg and right arm to the ground
15. Lift your right leg and left arm off the ground
16. Hold for 15 seconds
17. Return to the Plank Exercise Position (elbows on the ground)
18. Hold this position for 30 seconds

Results
A comparison of your results over time will note improvements or declines in core strength.
• Good Core Strength - You completed the test - you have good core strength and can move with high efficiency.
• Poor Core Strength - You can not complete the test - your core strength needs improvement. If you are unable to complete the test, practice the routine three or four times each week until you improve.

Poor core strength results in unnecessary torso movement and swaying during all other athletic movements. This results in wasted energy and poor biomechanics.

The Core Muscle Strength & Stability Test was designed by Brian Mackenzie, a senior athletics coach (UKA 4) with UK Athletics, the United Kingdom’s National Governing body for Track and Field Athletics.