

# TRUNK LIFT



## OBJECTIVE:

Measure lower back muscular strength and range of motion

## EQUIPMENT:

yardstick/12" ruler  
coin/marker  
mat (optional)



## 1 TEST INSTRUCTION & EXECUTION:

*Coach tests student. Coach advises student to avoid raising chin more than 12" as higher score will not be given.*

1. Student is in prone position with hands under thighs. Coin/marker should be placed in the student's line of vision
2. Student lifts upper body in slow controlled manner to a max of 12" and holds, keeping their focus on the coin/marker
3. Head should be in a neutral alignment
4. Coach measures distance from floor to students chin (do not put ruler under students chin)
5. Allow two trials, recording the highest of the two scores

## 2 SCORING

- ☒ Trunk Lift is recorded in inches, (XX.X) not to exceed 12"
- ☒ Disqualification:
  - No disqualification in this test