

# The Cube Gym Testing protocols



## 1 repetition maximum (1RM) strength testing:

Experienced members who are proficient with technique and have > 3 months strength training at The Cube Gym

General Warm up

Followed by:

Specific warm up:

- 60% 1RM - 10 reps

2 min rest

- 75% 1RM - 5 reps

2 min rest

- 90% 1RM - 3 reps

3 min rest

Testing:

- 1RM (test)

3 min rest

Repeat test

## 3 – 5 – 8 RM strength testing

For members with limited strength training history, < 3 months strength training at The Cube Gym and / or to be considered 'unsafe' to test strength with 1RM protocol

General warm up

Followed by:

- Estimated 60%1RM - 10 repetitions

2 min rest

- Increase weight appropriately - 8 repetitions

2 min rest

- Increase weight to estimated 75% 1RM - 6 repetitions

3 min rest

Testing:

- 3-5-8 RM (test)

3 min rest

Repeat test

Using formula to estimate 1RM

## Conditioning testing protocol

General warm up followed by:

**Aerobic** – Steady state on specific test for 4 minutes RPE 3/10 (moderate)

- Rest for 120 seconds

- Commence test

**Anaerobic** – Increase intensity of activity gradually for 4 minutes on given exercise to RPE 5/10 (hard).

- Rest for 120 seconds

- Commence test