

Performance Scale for the Bench Press Test

Test Description:

- **Beginning Position: Student**
 - The student should assume a supine position on a bench in a five-point body contact position (back of the head, upper back/shoulders, lower back/buttocks, and both feet maintain contact with the bench/floor).
 - The body should be placed so that the eyes are below the bar.
 - A closed, pronated grip slightly wider than shoulder width should be assumed.
 - The spotter can be signaled for assistance in moving the bar off the supports.
 - The repetition shall start when the bar is over the chest with the elbows fully extended.
- **Beginning Position: Spotter**
 - The spotter should stand close to the student (but not close enough that would distract the student) with feet shoulder width apart and knees slightly flexed.
 - A closed, alternated grip should be assumed right inside the student's hands.
 - At the student's signal, the spotter will assist with moving the bar off the supports and guiding the bar over the student's chest, releasing the bar smoothly.
- **Movement Phase: Student**
 - The bar should be lowered with a controlled movement to the chest at approximately nipple level and pressed upward until the elbows are fully extended. This is considered one repetition.
 - The wrists should remain rigid and directly above the elbows during the entire movement.
 - Five-point contact position must be maintained throughout the entire movement ensuring that there is no bridging occurring (arching in the back, raising of the chest to the bar, lifting one foot off the floor)
- **Movement Phase: Spotter**
 - The spotter should remain close enough to the student with a closed, alternated grip but not as to interfere with the movement.
 - The spotter shall provide assistance by grasping the bar with an alternated grip inside the student's hands and guiding the bar back onto the supports if the student gives the signal or is unable to complete the repetition.

RSI Women	Percentage	RSI Men
5.8 >	100	9.5 >
5.3 - 5.7	95	9.0 - 9.4
4.8 - 5.2	90	8.5 - 8.9
4.5 - 4.7	85	8.0 - 8.4
4.1 - 4.4	80	7.5 - 7.9
3.6 - 4.0	75	6.5 - 7.4
2.8 - 3.5	70	6.0 - 6.4
2.5 - 2.7	65	5.5 - 5.9
2.3 - 2.4	60	4.5 - 5.4
2.0 - 2.2	55	4.0 - 4.4
< 2.0	50	< 4.0
Source: <i>Health & Exercise Studies Department; North Carolina State University, 2007.</i>		

RSI =

$$\frac{\text{Weight Lifted} \times \text{Repetitions}}{\text{Body Weight}}$$

Brown Formula: [(reps X .0328) + .9849] X resistance = estimated max lift