

## Performance Scale for the Lat Pull Down Test

### Test Description:

- Relative Strength will be calculated utilizing the Relative Strength Index (RSI).
- Students will begin a wide (slightly wider than shoulder width) pronated grip.
- Sitting upright with a slight angle in the waist and knees secured beneath the knee pads.
- This position should be maintained throughout the set to prevent the bar from making contact with the head or face.
- The bar should be pulled down slightly below the chin the elbows should then slowly extend to the beginning position prior to the next repetition. NOTE: Students are not allowed to hunch or use their body weight momentum to get the bar down.

RSI Women	Percentage	RSI Men
> 5.7	<b>100</b>	> 8.5
5.4 – 5.6	<b>95</b>	8.0-8.4
5.0 – 5.3	<b>90</b>	7.5-7.9
4.7 – 4.9	<b>85</b>	7.0-7.4
4.4 – 4.6	<b>80</b>	6.5-6.9
4.0 – 4.3	<b>75</b>	6.0-6.4
3.7 – 3.9	<b>70</b>	5.5-5.9
3.4 – 3.6	<b>65</b>	5.0-5.4
3.0 – 3.3	<b>60</b>	4.5-4.9
2.7 – 2.9	<b>55</b>	4.0-4.4
< 2.6	<b>50</b>	< 3.9
<i>Source: Health &amp; 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**