

## Performance Scales for the Leg Press Test (Plate Loaded)

### Test Description:

- Relative Strength will be calculated utilizing the relative strength index (RSI).
- Students should position themselves on the supine platform, which can be adjusted according to their height.
- Foot position on the sled should be shoulder width apart and should be positioned so that during the press, the knees do not track past the toes
- After disengaging the sled, it should be lowered to a 90-degree angle in the knee before returning back to a semi-straight knee position.

Females		Males
RSI	Percentage	RSI
>18.0	<b>100</b>	> 27.0
16.8-17.9	<b>95</b>	25.0-26.9
15.4-16.7	<b>90</b>	23.0-24.9
14.1-15.3	<b>85</b>	21.0-22.9
12.7-14.0	<b>80</b>	19.0-20.9
11.4-12.6	<b>75</b>	17.0-18.9
10.1-11.3	<b>70</b>	15.0-16.9
8.7-10.0	<b>65</b>	13.0-14.9
7.4-8.6	<b>60</b>	11.0-12.9
6.0-7.3	<b>55</b>	9.0-10.9
< 6.0	<b>50</b>	< 9.0

*Source: \*Source: Physical Education Department; North Carolina State University 2007*

**RSI =**

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

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

