

## Performance Scale for the Seated Military Press Test

### Test Description:

- Relative Strength will be calculated utilizing the Relative Strength Index (RSI).
- Students will begin with an Olympic bar fully extended overhead. To begin the student will lower the bar until their elbows form a 90' angle and then press the bar until full extension of the elbows. This will be counted as one repetition.
- No more than 10 repetitions will be allowed.

RSI Women	Percentage	RSI Men
5.1	100	7.1
4.7 – 5.0	95	6.4 – 7.0
4.3 – 4.6	90	6.0 – 6.3
3.9 – 4.2	85	5.7 – 5.9
3.5 – 3.8	80	5.1 – 5.6
3.1 – 3.3	75	4.5 – 5.0
2.8 – 3.0	70	3.9 – 4.4
2.5 – 2.7	65	3.5 – 3.8
2.2 – 2.4	60	3.1 – 3.4
≤ 2.1	55	≤ 3.0

Source: *Health & Exercise Studies 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**