



Runners Strength Assessment

Name:	Date:
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STAR EXCURSION BALANCE TEST		
TEST	RIGHT	LEFT
Forward Reach		
Side Reach		
Behind Body Reach		

CALF STRENGTH		
TEST	RIGHT	LEFT
Single Leg Calf Raise Straight Leg		
Single Leg Calf Raise Bent Knee		

ADDUCTOR STRENGTH		
TEST	RIGHT	LEFT
Side Lying Leg Lift (Phase 2)		
Bench Side Hold (Phase 3)		

QUADS STRENGTH		
TEST	RIGHT	LEFT
Single Leg Squats		

SIDE GLUTES STRENGTH		
TEST	RIGHT	LEFT
Side Plank on Knees (Phase 2)		
Side Plank on Feet (Phase 3)		

GLUTE MAX STRENGTH		
TEST	RIGHT	LEFT
Single Leg Bench Bridge		
Bulgarian Squat		

HAMMIES STRENGTH		
TEST	RIGHT	LEFT
Single Leg Chair Bridge		