McGILL’S TORSO MUSCULAR ENDURANCE TEST BATTERY—RECORD SHEET

### TRUNK FLEXOR ENDURANCE TEST

Time to completion: __________________

### TRUNK LATERAL ENDURANCE TEST

Right side time to completion: ___________  Left side time to completion:___________

### TRUNK EXTENSOR ENDURANCE TEST

Time to completion: __________________

<table>
<thead>
<tr>
<th>Ratio of Comparison</th>
<th>Criteria for Good Relationship Between Muscles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexion:extension</td>
<td>Ratio less than 1.0</td>
</tr>
<tr>
<td>Right-side bridge:left-side bridge</td>
<td>Scores should be no greater than 0.05 from a balanced score of 1.0</td>
</tr>
<tr>
<td>Side bridge (each side):extension</td>
<td>Ratio less than 0.75</td>
</tr>
</tbody>
</table>

Flexion:extension ratio: __________________
Rating: [ ] Good  [ ] Poor

Right-side bridge:left-side bridge ratio: ________________
Rating: [ ] Good  [ ] Poor

Side-bridge (each side):extension ratio: ________________
Rating: [ ] Good  [ ] Poor

©2014 AMERICAN COUNCIL ON EXERCISE®