



STRENGTH & MOBILITY

SELF ASSESSMENT FOR CLIMBERS
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Level 0 = Reasonable, should be improved
Level 1 = Good, could be improved
Level 2 = Great, probably doesn't need work
Level 3 = World class, not your issue

DATE:

MOBILITY & STABILITY

	Level 0	Level 1	Level 2	Level 3
Scapular Pull	Not Engaged	Slightly Engaged	Deeply Engaged	Deeply Engaged and Held
Front Lever	Knee Tuck	Single-Leg	Full	Full, >3 sec hold
Side Split	0.7x Height	0.8x Height	Height	> Height
Hanging Leg Raise	0 Strict Reps	3 Strict Reps	5 Strict Reps	>5 Strict Reps

GENERAL STRENGTH

	Level 0	Level 1	Level 2	Level 3
Deadlift (1RM)	1.5x BW	1.8x BW	2x BW	> 2x BW
Pullup (1RM)	1.3x BW	1.5x BW	1.8x BW	> 1 Arm @ BW
Bench Press (1RM)	0.5x BW	.7x BW	BW	> BW
Squat (1RM)	0.5x BW	0.8x BW	BW	> Pistol, Strict Form
Push Press (1RM)	0.5x BW	0.7x BW	BW	>BW

SPECIFIC STRENGTH

	Level 0	Level 1	Level 2	Level 3
20mm Half Crimp Max Hang (5 sec)	BW	1.5x BW	1.8x BW	> 1 Arm @ BW
20mm Open Crimp Max Hang (5 sec)	BW	1.5x BW	1.8x BW	> 1 Arm @ BW

DO NOT attempt to assess yourself in any exercise unless you are familiar with proper form. Testing max strength is extremely strenuous and therefore extremely dangerous. I highly recommend you enlist the help of a coach or other knowledgeable individual if you are unsure of proper technique. At the very least, you MUST familiarize yourself with the exercises at a very low intensity prior to maximum testing.

TIP: If you know the proper form for these exercises and you're interested in assessing yourself, but you're uncomfortable testing your 1 rep max, you can do some math instead. Instead of testing for your 1 rep max, test for your 3 rep max and multiply that number by 1.11. The reason being: your 3 rep max correlates to roughly 90% of your 1 rep max.

NOTES