



Estimating Maximal Strength

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Over the years, two basic types of strength tests have evolved: static and dynamic. Static (or isometric) tests are those in which a force is exerted against a resistance that is fixed and does not move; dynamic (or isotonic) tests are those in which a force

is exerted against a resistance that results in movement.

Strength testing has gradually become more sophisticated. Nowadays, the tests can be done in a formal, scientific setting – such as a laboratory or sports medical facility – using a variety of equipment ranging

from relatively simple dynamometers and tensiometers to much more elaborate testing devices. Some equipment can even provide both static and dynamic tests that measure strength at different joint angles over a full range of motion. This information can be used to plot a computerized