

STRENGTH QUESTIONNAIRE

STRENGTH TYPE	DESCRIPTION	SCORE
Maximal Strength	I need to lift very heavy objects off of the ground or push/ pull very heavy objects for a short duration of time such as moving furniture.	
Strength Endurance	I need to hold and move objects frequently and sustain the ability to do so for long periods of time such as holding a baby while putting the dishes away or sustaining a posture in a sport	
Hypertrophy	I want to add Lean Body Mass i.e. grow some muscle and/or tone up	
Dead Strength	I need to lift or move objects that are not moving such as arranging furniture, organizing the garage or pick up and carry groceries	
Agile Strength	I enjoy or want to learn exercises such as Kettlebell Swings and/or want to feel nimble and strong.	
Relative Strength	I need to move my own body weight for many tasks such as climbing a ladder or tree, hiking up steep terrain or get better at lifting myself off the ground	
Positional Strength	I need to lift and move objects from odd positions like moving a child out of a car seat or taking a box off of a high shelf.	

**SCORE EACH STRENGTH TYPE AS EITHER
ZERO, LOW, MEDIUM OR HIGH
REGARDING HOW IMPORTANT IT IS TO YOU**

