

# PYTHON POWER

## PYTHON POWER ASSESSMENT GUIDE

Print off this sheet and fill in the blanks with your results. Exercise instructions follow.

Test	Date:		
Seated Row Strength (4-6 RM)			
Bicep Curl Strength (4-6 RM)			
Max # of Inverted Rows in 5 Minutes			
Max Hang Time from a Fat Bar			

### Warmup Protocol for Seated Row Strength

1. Perform the Python Power Dynamic Warmup
2. Pick a weight about 50% of what you think you'll be working with for the Seated Row and do 8 reps in perfect form (Eg. estimated 4-6RM is 150 lbs, start with 75 lbs)
3. Add 10-20% and perform a set with 3 reps (Eg. 100 lbs)
4. Add another 10-20% and perform a set with 1 rep (Eg. 120 lbs)
5. Add another 10-20% to bring the weight to just over 90% of your estimated working weight and perform 1 rep (Eg. 140 lbs)
6. Rest 1-2 minutes then perform your max set
7. If you hit 6 reps and you think you can go heavier, stop the set, rest 3-4 minutes, then try again

### **8. Rest 5-8 minutes between tests**

### Warmup Protocol for Subsequent Exercises

1. Bicep Curl Strength: pick a weight about 10-20% lighter than your estimated 4-6RM and perform 3 reps (Eg. estimated 4-6RM is 100 lbs, so use 85 lbs)
2. Max # of Inverted Rows: perform 1 set of 4 Inverted Rows

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3. Max Hang Time- no warmup needed

## Seated Row Strength (4-6 RM)

1. Set yourself up on a Seated Row machine with the cable approximately at the bottom of your ribs
2. Sitting in good posture, pull the cable back by simultaneously pulling with your arms and pinching your shoulder blades down and back
3. At the end of the movement, your shoulder blades should be fully pinched together (retracted)
4. Control the weight back so your arms are fully straight and shoulder blades are released apart (protracted)



The following points indicate poor form and these reps do not count towards your total:

- Not pinching your shoulder blades fully together at the end of the movement
- Failure to maintain good posture throughout the movement
- Inability to get the handle close to the body (see how close you get it when performing your warmup sets)
- Not straightening your arms fully and disengaging your shoulder blade retractors

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## Bicep Curl (4-6 RM)

1. Start with an EZ-curl bar or regular straight barbell
2. Stand up tall in good posture with your feet staggered to help prevent cheating
3. Curl the barbell up without using your body to generate momentum
4. Control the weight all the way back down until your elbows are straight
5. Relax for 1 second at the bottom between reps



The following points indicate poor form and these reps do not count towards your total:

- Failure to maintain good posture throughout the movement
- The use of momentum to swing the bar up
- Not bringing the bar all the way down with a pause at the bottom

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## Max # of Inverted Rows in 5 Minutes

1. Setup a barbell in a power rack so that when you're hanging underneath it, your arms are fully straight and you are not hitting the floor with your head or body
2. With your feet on the ground, hang under the bar with an underhand grip
3. Keeping your body flat the whole time, pull yourself so that the bar hits your solar plexus (xiphoid process), about 3 inches below nipple line
4. You must pull yourself up to the point where your elbows are at least 90 degrees (the bar may not touch your chest, that's OK)
5. Pinch your shoulder blades down and back when you're at the top of the movement
6. Lower yourself all the way down so your arms are straight, but your body is still flat and never touches the ground
7. When you can't maintain good form, take short breaks, 10-20 seconds rest, then try again and keep going for as many reps as possible in 5 minutes



**NOTE: Place your feet on the floor, not a SB for the test**

The following points indicate poor form and these reps do not count towards your total:

- Inability to pull yourself high enough so your elbows reach 90 degrees
- Failure to maintain neutral spine (ie keep your body flat) throughout the movement



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## Max Hang Time from Fat Bar

1. Wrap a towel around a chinup bar similar to the instructions for the Fat Bar 1-Arm Rows (see the video in Phase 2 – Day 2)
2. Ensure you note how many times you wrapped the towel so you can replicate it on subsequent assessments
3. Grip the fat bar with an overhand grip, shoulder width apart and hang for as long as you can

