***Weight Training MAX OUT Scoring Rubric***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Bench** | **Incline** | **Squat** | **OBDL** | **Power Cleans** |
| ***FROM:*** |  |  |  |  |  |
| ***TO:*** |  |  |  |  |  |
| **0 (40%)**  Did not attempt or did not gain a measurable Max |  |  |  |  |  |
| **1 (69%)**  Lift was a LOWER weight than previous Max |  |  |  |  |  |
| **2 (79%)**  Lift was the SAME weight as previous Max |  |  |  |  |  |
| **3 (89%)**  Lift was 5 pounds ABOVE previous Max |  |  |  |  |  |
| **4 (100%)**  Lift was 10 pound or more ABOVE previous Max |  |  |  |  |  |

**TOTAL SCORE: \_\_\_\_\_\_\_\_\_\_**

**NAME: Period:**

***Weight Training MAX OUT Scoring Rubric***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Bench** | **Incline** | **Squat** | **OBDL** | **Power Cleans** |
| ***FROM:*** |  |  |  |  |  |
| ***TO:*** |  |  |  |  |  |
| **0 (40%)**  Did not attempt or did not gain a measurable Max |  |  |  |  |  |
| **1 (69%)**  Lift was a LOWER weight than previous Max |  |  |  |  |  |
| **2 (79%)**  Lift was the SAME weight as previous Max |  |  |  |  |  |
| **3 (89%)**  Lift was 5 pounds ABOVE previous Max |  |  |  |  |  |
| **4 (100%)**  Lift was 10 pound or more ABOVE previous Max |  |  |  |  |  |

**TOTAL SCORE: \_\_\_\_\_\_\_\_\_\_**