PULL-UP TEST

**Purpose:** To measure dynamic endurance of flexor muscles in arm and shoulder.

**Method:** The conscript is required to raise his chin over a bar and then return to the starting point with elbows fully extended.

**Outcome:** Repeats without time limit. Repeats have to be consecutive and intermission in the starting point is not allowed. Result categories: Excellent (≥14), Good (≥10), Fair good (≥6) and Poor (<6) [repeats].