



How To: Perform The Davies Test

TEST YOUR LIMITS.

The Davies Test provides a great indication of upper body agility and stamina.

WHAT YOU NEED: YOU WILL NEED ROUGHLY 10 FEET OF FLOOR SPACE, TAPE MEASURE, ATHLETIC TAPE, TIMER AND A PARTNER TO KEEP TIME AND COUNT YOUR REPETITIONS.



Step 1: Place 2 pieces of tape on the floor 36 inches apart.

Step 2: Get into push-up position with one hand on each piece of tape.

Step 3: During the assessment, you will quickly move your right hand to touch the left hand, performing alternating touches for 15 seconds.

Step 4: Ask your partner to set their timer for 15 seconds and count your repetitions.

Step 5: Begin the assessment and count/record the number of lines touched by both your right and left hands (repetitions).

Step 6: Repeat the assessment 3 times.

RECORD YOUR RESULTS:

TRIAL #	TIME	# OF REPETITIONS
Trial 1	15 seconds	
Trial 2	15 seconds	
Trial 3	15 seconds	