



How to try out FREE strength index codes

Testing Home

My Profile

Purchase History

My Codes

Purchase Codes

Enter Test Data

Testing Report

Testing History

Evaluation

Logout

When you register then login you'll see on the left hand menu has several new options.

My Profile is simply the information that you entered when you registered. You can modify this information anytime that you are logged in which means you can change your password as often as needed.

Purchase History shows when and how many codes you have purchases. When you first register and login you are provided three free codes which you'll see in the My Codes section.

Purchase History

You have not yet purchased any Strength Index codes.

My Codes section tells the status of your codes identifying if they have been used or not. The code is linked to the data that is entered for that code so that in the future you can look back at and see the data that was entered. This is true for free and purchased codes.

Free Codes

Code	Status
GLS851	Used
H12NU3	Not Used
KW31M8	Not Used



Purchase Codes section allows for the purchase of as many codes as necessary with a minimum of 25. The unused codes stay in your file.

Purchase Strength Index Codes

Strength Index Codes are \$1 apiece (minimum of 25) Order as often as you like. The codes are automatically stored in your account, under the "My Codes" section. You can come back and click on a code to see a record of what test data was entered.

Number of codes: [Purchase Codes](#)     

Enter Test Data section is how you use your free or purchased codes. Near the top of this section is asks you to assign a code. You can select the next one in line or any of the codes that have not been used. Be careful to enter all test data before you submit to calculate the strength index points. If only enter a bench press score you will use one code just the same as if you enter data on all three lifts.

Enter Test Data

Use the form below to enter test data. Fields in **BOLD** are required.

Strength Test Data

Testing Information	
Assign a Test Code	<input type="text" value="-- Select One --"/>
First Name	<input type="text"/>
Last Name	<input type="text"/>
Gender	<input type="radio"/> Male <input type="radio"/> Female
Age	<input type="text"/>
Weight	<input type="text"/> lbs
Height	<input type="text"/> inches
Email	<input type="text"/>
Test Date	<input type="text" value="11/27/2011"/> (mm/dd/yyyy)

Strength Index

Tests	Data
Hang Clean	<input type="text"/> lbs <input type="text" value="0"/> reps completed
Bench Press	<input type="text"/> lbs <input type="text" value="0"/> reps completed
Squat	<input type="text"/> lbs <input type="text" value="0"/> reps completed



Testing Report uses one code to calculate the strength index points for the data that was entered for each athlete. You select the athlete you chose to see and the code that was used is also indicated to the right. The report then shows the number of strength index points generated for each test.

Strength Index Testing Report

Select Athlete:

- Select One --
- MEN
- WOMEN
- Beideck, Jenna test (GLS851)

Testing History shows a history of the athletes that you have tested. This information can be sorted by clicking on the header. The data can also be exported to Excel so other information can be added if needed.

[Export to Excel](#)

Click on any column header to sort the table by that column.

MEN				Hang Clean				Bench Press				Squat				Strength Index
First	Last	Ht	Wt	Lbs	Reps	1RM	Pts	Lbs	Reps	1RM	Pts	Lbs	Reps	1RM	Pts	

Evaluation shows how your Strength Index (total points for hang clean, bench press and squat) compares with other athletes in a variety of sports.

end