

Fitness Assessment Worksheet

Five standardized fitness tests measuring the physical qualities that underpin golf performance. Score each test 1–5. Combine for a Fitness Total out of 25. Scoring is relative to bodyweight and adjusted for golfer type.

Golfer Information

Name: _____ Date: _____

Coach: _____ Bodyweight: _____

Golfer Type: Male Female Junior Senior

Assessment Overview

- 1 Deadlift (1RM)**
Domain: Strength *How much force can the golfer produce against load with control?*
- 2 Bench Press (3RM)**
Domain: Power *Can the golfer sustain explosive upper-body force output?*
- 3 Broad Jump**
Domain: Athleticism *How well can the golfer move their body through space?*
- 4 Run or Bike**
Domain: Endurance *Can the golfer sustain effort across a full round?*
- 5 Clubhead Speed**
Domain: Speed *What is the golfer's physical performance ceiling?*

How to Use This Worksheet

Perform each test with the golfer. Circle the score that matches their result. Transfer all five scores to the Summary page. Add them for the Fitness Total out of 25.

1 DEADLIFT (1 REP MAX)

Domain: Strength

Strength is the foundation of everything. The deadlift measures how much force a golfer can produce against an external load while maintaining posture and control. If a golfer cannot create force through the ground with the big muscles of the lower body, everything built on top becomes compromised.

Preferred variation: Trap Bar (Hex Bar) Deadlift. Other variations may be used when appropriate.

Men's Scoring		
SCORE	STANDARD	CIRCLE
1	50% of bodyweight	<input type="radio"/>
2	75% of bodyweight	<input type="radio"/>
3	100% of bodyweight	<input type="radio"/>
4	125% of bodyweight	<input type="radio"/>
5	150% of bodyweight	<input type="radio"/>

Women's / Senior / Junior		
SCORE	STANDARD	CIRCLE
1	25% of bodyweight	<input type="radio"/>
2	50% of bodyweight	<input type="radio"/>
3	75% of bodyweight	<input type="radio"/>
4	100% of bodyweight	<input type="radio"/>
5	125% of bodyweight	<input type="radio"/>

All scores are relative to bodyweight. Form must be maintained for the rep to count.

SCORE:

/ 5

Key Observations

- Relative strength — force production efficiency relative to bodyweight
- Form under load — does posture hold as weight increases?
- Lockout quality — controlled finish signals the nervous system is engaged

If the Score Is Low, Focus On

- Progressive overload with focus on hip-hinge patterning
- Core and spinal stability under load
- Lower body strength foundations (squats, RDLs, hip thrusts)

Notes:

2 BENCH PRESS (3 REP MAX) Domain: Power

Power is about how effectively a golfer can produce force repeatedly and explosively through the upper body. While the lower body initiates the swing, the upper body transmits force into the club. This test uses a 3RM to evaluate sustained explosive output, not just peak effort.

A Chest Press Machine may be substituted where appropriate. Recommend testing on a separate day from Deadlift.

Men's Scoring		
SCORE	STANDARD	CIRCLE
1	20% of bodyweight	<input type="radio"/>
2	40% of bodyweight	<input type="radio"/>
3	60% of bodyweight	<input type="radio"/>
4	80% of bodyweight	<input type="radio"/>
5	100% of bodyweight	<input type="radio"/>

Women's / Senior / Junior		
SCORE	STANDARD	CIRCLE
1	30% of bodyweight	<input type="radio"/>
2	40% of bodyweight	<input type="radio"/>
3	50% of bodyweight	<input type="radio"/>
4	60% of bodyweight	<input type="radio"/>
5	70% of bodyweight	<input type="radio"/>

All scores are relative to bodyweight. All 3 reps must be completed with control for the score to count.

SCORE: / 5

- Key Observations**
- Rep-to-rep consistency — does speed and control hold across all 3 reps?
 - Range of motion — full eccentric and aggressive concentric on every rep
 - Form degradation — if speed drops or form breaks, the test stops

- If the Score Is Low, Focus On**
- Upper body pressing strength and progressive overload
 - Explosive intent training (speed bench, med ball throws)
 - Shoulder stability and thoracic mobility for press mechanics

Notes: _____

3 BROAD JUMP

Domain: Athleticism

Athleticism is how well a golfer can move their own body, apply force into the ground, and accelerate through space. The broad jump removes complexity and reveals truth — no barbell, no load, just the golfer and the ground. Distance is measured relative to body height.

Measure golfer's height first. Distance measured from start line to back of heels. Best clean jump is recorded.

Men's Scoring		
SCORE	STANDARD	CIRCLE
1	20% of height	<input type="radio"/>
2	40% of height	<input type="radio"/>
3	60% of height	<input type="radio"/>
4	80% of height	<input type="radio"/>
5	100% of height	<input type="radio"/>

Women's / Senior / Junior		
SCORE	STANDARD	CIRCLE
1	20% of height	<input type="radio"/>
2	40% of height	<input type="radio"/>
3	50% of height	<input type="radio"/>
4	60% of height	<input type="radio"/>
5	70% of height	<input type="radio"/>

Men's / Women's / Junior table shown left. Senior table shown right (reduced for lower impact).

SCORE:

/ 5

Key Observations

- Landing quality — both feet together, stable, no extra steps
- Acceleration — smooth, powerful takeoff vs. reaching or falling forward
- Coordination — can the golfer load, explode, and land as one movement?

If the Score Is Low, Focus On

- Lower body power and plyometric progressions
- Hip loading mechanics and ground force application
- Deceleration and landing control drills

Notes:

4 RUN OR BIKE Domain: Endurance

Golf is not a short event. A round lasts four to five hours. When physical capacity drops, performance drops with it — decision-making, swing quality, focus, and consistency all fade. This test measures sustained effort capacity using either a run or bike protocol.

Athlete chooses run or bike. Record both time and modality for consistent tracking over time.

Men's Scoring			Women's / Senior / Junior		
SCORE	STANDARD	CIRCLE	SCORE	STANDARD	CIRCLE
1	12+ minutes (1-mile run or 2.5-mile bike)	<input type="radio"/>	1	12+ minutes (1km run or 2.5km bike)	<input type="radio"/>
2	10 – 12 minutes	<input type="radio"/>	2	11 – 12 minutes	<input type="radio"/>
3	8 – 10 minutes	<input type="radio"/>	3	9 – 11 minutes	<input type="radio"/>
4	6 – 8 minutes	<input type="radio"/>	4	7 – 9 minutes	<input type="radio"/>
5	Sub-6 minutes	<input type="radio"/>	5	Sub-7 minutes	<input type="radio"/>

Men's standards (left) use 1-mile run / 2.5-mile bike. Women's/Senior/Junior (right) use 1km run / 2.5km bike.

SCORE:

/ 5

Key Observations

- Pacing consistency — smooth effort from start to finish, not burst then collapse
- Sustained output — can the golfer maintain intensity throughout?
- Recovery quality — how quickly do they return to baseline after the test?

If the Score Is Low, Focus On

- Aerobic base building (Zone 2 cardio, walking, cycling)
- On-course conditioning (walk the course, carry the bag)
- Interval training for sustained output under fatigue

Notes: _____

5 CLUBHEAD SPEED Domain: Speed

Clubhead speed is the single most impactful physical performance metric in golf. It is highly trainable, easily repeatable, and directly correlated to distance, scoring potential, and long-term performance. If you need one data point to track physical progress over time, this is it.

Preferred method: Launch monitor. Use the same device over time for consistent tracking. Test speed, not accuracy.

Men's Scoring			Women's / Senior / Junior		
SCORE	STANDARD	CIRCLE	SCORE	STANDARD	CIRCLE
1	Under 85 mph	<input type="radio"/>	1	Under 55 mph	<input type="radio"/>
2	85 – 95 mph	<input type="radio"/>	2	55 – 65 mph	<input type="radio"/>
3	95 – 105 mph	<input type="radio"/>	3	65 – 75 mph	<input type="radio"/>
4	105 – 115 mph	<input type="radio"/>	4	75 – 85 mph	<input type="radio"/>
5	115+ mph	<input type="radio"/>	5	85+ mph	<input type="radio"/>

Men's standards shown left. Women's/Senior/Junior standards shown right. Adjust benchmarks for your population.

SCORE: / 5

Key Observations

- Max speed potential — test with intentional max-speed swings, not accuracy
- Consistency — record both max speed and average of top swings
- Progression over time — compare across training cycles

If the Score Is Low, Focus On

- Dedicated speed training sessions with superspeed or overspeed tools
- Strength and power foundations (deadlift and bench improvements transfer)
- Sequencing and efficiency work (mobility + rotation + timing)

Notes: _____

Scoring Summary

Transfer your scores from each test. Add them for the Fitness Total out of 25.

#	TEST	DOMAIN	SCORE
1	Deadlift (1RM)	Strength	<input type="text" value="/ 5"/>
2	Bench Press (3RM)	Power	<input type="text" value="/ 5"/>
3	Broad Jump	Athleticism	<input type="text" value="/ 5"/>
4	Run / Bike	Endurance	<input type="text" value="/ 5"/>
5	Clubhead Speed	Speed	<input type="text" value="/ 5"/>
FITNESS TOTAL		out of 25	<input type="text"/>

Your Full Golf Fitness Handicap

Combine your Mobility Total and Fitness Total below. Subtract from 36 to find your starting Handicap.

MOBILITY TOTAL <input type="text" value="/ 25"/>	+	FITNESS TOTAL <input type="text" value="/ 25"/>	=	COMBINED TOTAL <input type="text" value="/ 50"/>
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Golf Fitness Handicap Categories

- **CATEGORY 5** 30 – 25 Limited physical readiness
- **CATEGORY 4** 24 – 18 Developing capacity
- **CATEGORY 3** 17 – 12 Solid physical foundation
- **CATEGORY 2** 11 – 7 High physical readiness
- **CATEGORY 1** 6 – 1 Professional physical readiness
- **CATEGORY 0** ELITE Elite-level physical readiness

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