# J2 Assessment Level 1

Protocol, scoring, and programming implications (onboarding + quarterly re-test).

**Version:** January 23, 2026

Goal: produce one clean number - the **J2 Junction Score (0-100)** - so programming stays focused and progress is obvious.

**Level 1** is designed for busy adults (desk-athletes, shift-athletes, and returning lifters). Level 2 adds more advanced rotation and power tests.

# Quick start

- Run the tests in the exact order below (same order = comparable data).
- Record the primary metric **and** quality (clean vs compensations). Stop a test when form breaks.
- Convert results to **subscores (0-10)**, apply weights, and get a **0-100 Junction Score** to guide programming.

## Test environment rules

- Use the same run surface each time (treadmill OR track OR same outdoor route).
- Strength tests: same variation, depth standard, tempo, and warm-up approach.
- If pain is sharp or >4/10, mark the test as **Modified** and do not chase a max that day.
- Left/right tests: record both sides; asymmetry informs programming even if the score is good.

# Assessment flow (order matters)

| Step | Test | Primary metric | Cap/target | Programming use (why it's here) |
|---|---|---|---|---|
| 1 | Push-Up Plus Plank Hold | Seconds | 45s cap | Posture endurance + serratus/brace readiness before any |
| 2 | Wall Angel Hold | Seconds | 60s cap | Scap/thoracic control; informs overhead + pressing dosag |
| 3 | TKF Lunge (ankle DF angle) | Degrees (L/R) | 45° cap | Ankle DF drives squat depth, lunge mechanics, and lower |
| 4 | 7-Min Run Test | Distance (m) | 1609m (1 mile)=10/10 | Your single endurance anchor. Controls conditioning dose |
| 5 | Single-Leg Balance | Seconds (L/R) | 60s cap | Stability + foot control; informs unilateral work and impact |
| 6 | Squat 3RM | Load + %BW | 1.50xBW (3RM) cap | Lower-body strength baseline; dictates strength vs hypert |
| 7 | Bench 3RM | Load + %BW | 1.25xBW (3RM) cap | Upper pushing strength baseline; informs pressing volume |
| 8 | Max Pull-Ups | Reps | 10 reps cap | Relative strength + shoulder integrity; balances pressing. |
| 9 | Push-Ups (1-min max) | Reps | 40 reps cap | Local endurance; shoulder-friendly pressing volume proxy |
| 10 | Wall Sit Hold | Seconds | 120s cap | Lower-body muscular endurance; recovery + density toler |
| 11 | Dead Hang | Seconds | 60s cap | Grip + shoulder capacity; helps manage pulling volume an |
| 12 | Farmer Carry (2-min) | Load x distance | CarryIndex 1.0 cap | Work capacity + trunk stiffness; strong predictor of real-wo |

# Scoring

Each test becomes a **subscore from 0 to 10**. Then we multiply by the test weight and add everything up to get a **0-100** total.

## Step 1 - Convert raw score to subscore (0-10)

For most tests:

**Subscore** = (your result / cap) x 10, capped at 10.

Examples: 30s on a 60s cap = 5/10. 50s on a 45s cap = 10/10.

**Left/Right tests**

- Score both sides.
- Use the **average** for the subscore.
- If the sides are meaningfully different, tag an **asymmetry note** (programming changes even if the average is fine).

## Step 2 - Apply weights

Each subscore (0-10) is multiplied by a weight (points).

**Weighted points** = (subscore / 10) x weight.

Add all weighted points. That sum is your **J2 Junction Score (0-100)**.

## Weights (Level 1 total = 100 points)

| Test | Weight (pts) | Bucket |
|------|------|------|
| Push-Up Plus Plank Hold | 8 | Posture / scap endurance |
| Wall Angel Hold | 7 | Posture / thoracic control |
| TKF Lunge (ankle DF angle) | 8 | Mobility |
| 7-Min Run Test | 12 | Endurance |
| Single-Leg Balance | 8 | Stability |
| Squat 3RM (%BW) | 15 | Strength |
| Bench 3RM (%BW) | 12 | Strength |
| Max Pull-Ups | 6 | Relative strength |
| Push-Ups (1-min) | 5 | Muscular endurance |
| Wall Sit Hold | 5 | Muscular endurance |
| Dead Hang | 7 | Grip/shoulder capacity |
| Farmer Carry (2-min CarryIndex) | 7 | Work capacity |

# Test standards + programming implications

Use the same setup every time. Only count clean reps/holds. If a test is modified due to pain, log it and do not compare it to a normal test day.

## 1) Push-Up Plus Plank Hold

- **Metric:** Seconds (clean hold)
- **Cap / target:** 45 seconds
- **How to run it:** High plank. Lock ribs down. Slight 'plus' (push floor away) without shrugging. Stop when hips sag, shoulders shrug, or neck pinches.
- **Subscore (0-10):** Subscore = (seconds / 45) x 10 (cap at 10).
- **Programming implications:** If low: start sessions with serratus + trunk control (plank variations, wall slides, push-up plus). Reduce heavy pressing volume until control improves.

## 2) Wall Angel Hold

- **Metric:** Seconds (clean hold)
- **Cap / target:** 60 seconds
- **How to run it:** Back against wall, ribs down, chin gently tucked. Forearms on wall if possible. Hold without flaring ribs or shrugging.
- **Subscore (0-10):** Subscore = (seconds / 60) x 10 (cap at 10).
- **Programming implications:** If low: prioritize thoracic mobility + scap upward rotation (wall angels, incline Ys, landmine press). Keep overhead work conservative.

## 3) TKF Lunge (ankle DF angle)

- **Metric:** Degrees of dorsiflexion (L/R)
- **Cap / target:** 45 degrees (cap)
- **How to run it:** Knee-to-wall style lunge. Keep heel down and knee tracking over 2nd/3rd toe. Measure ankle DF angle per your method; record L and R.
- **Subscore (0-10):** Compute avg DF angle. Subscore = (avg_degrees / 45) x 10 (cap at 10). Note side-to-side difference.
- **Programming implications:** If low: add ankle DF work (calf eccentrics, tibialis raises, mobilizations) and choose squat patterns that match available ROM (heels elevated, goblet, split squat).

## 4) 7-Min Run Test

- **Metric:** Distance (meters)

- **Cap / target:** 1609 m (1 mile) = 10/10

- **How to run it:** 7 minutes steady hard effort. Same surface each time. Record distance (m).

- **Subscore (0-10):** Subscore = (distance_m / 1609) x 10 (cap at 10).

- **Programming implications:** If low: keep conditioning dose small but consistent (2x/week Zone-2 or intervals) so hypertrophy recovery stays intact. If high: conditioning can be layered more aggressively.

## 5) Single-Leg Balance

- **Metric:** Seconds (L/R)

- **Cap / target:** 60 seconds

- **How to run it:** Stand barefoot or in flat shoes. Slight knee bend. No hip hiking. Time each side; stop if foot collapses, you hop, or you touch down.

- **Subscore (0-10):** Avg the two sides. Subscore = (avg_seconds / 60) x 10 (cap at 10). Track asymmetry.

- **Programming implications:** If low: add single-leg control (split squats, step-downs, carries), foot/ankle work, and reduce impact/jump work until control improves.

## 6) Squat 3RM

- **Metric:** 3-rep max load and % bodyweight

- **Cap / target:** 1.50 x bodyweight (3RM) = 10/10

- **How to run it:** Work up in sets of 3 with clean depth standard (your chosen standard). Stop if form breaks or pain increases. Record best 3RM load.

- **Subscore (0-10):** Compute %BW = (3RM_load / bodyweight). Subscore = (%BW / 1.50) x 10 (cap at 10).

- **Programming implications:** If low: build base strength (more sets 4-8 reps, tempo control, progressive overload). If high: shift emphasis toward hypertrophy, unilateral strength, and power endurance.

## 7) Bench Press 3RM

- **Metric:** 3-rep max load and % bodyweight

- **Cap / target:** 1.25 x bodyweight (3RM) = 10/10

- **How to run it:** Shoulder-friendly setup: stable scap, slight arch, controlled touch. Work up in triples. Record best 3RM.

- **Subscore (0-10):** %BW = (3RM_load / bodyweight). Subscore = (%BW / 1.25) x 10 (cap at 10).

- **Programming implications:** If low: build pressing strength with smart volume (DB press, incline, triceps) + scap work. If high: maintain strength while adding hypertrophy detail and shoulder durability.

## 8) Max Pull-Ups

- **Metric:** Total reps (strict)

- **Cap / target:** 10 reps

- **How to run it:** Dead hang start, chin clearly over bar, no kipping. Stop when reps get ugly.

- **Subscore (0-10):** Subscore = (reps / 10) x 10 (cap at 10).

- **Programming implications:** If low: prioritize vertical pulling (assisted pull-ups, eccentrics, lat pulldown) and grip/shoulder capacity. Keep pushing:puling balance tight.

## 9) Push-Ups (1-min max)

- **Metric:** Total reps in 60 seconds (clean)

- **Cap / target:** 40 reps

- **How to run it:** Hands under shoulders. Chest touches consistent depth. No worming. Count only clean reps.

- **Subscore (0-10):** Subscore = (reps / 40) x 10 (cap at 10).

- **Programming implications:** If low: increase local pressing endurance (push-up density, incline variations) and build triceps/serratus. If high: pressing endurance is not the limiter; load can climb.

## 10) Wall Sit Hold

- **Metric:** Seconds
- **Cap / target:** 120 seconds
- **How to run it:** Back to wall, thighs parallel (or your consistent depth). Knees stacked. Time clean hold.
- **Subscore (0-10):** Subscore = (seconds / 120) x 10 (cap at 10).
- **Programming implications:** If low: add quad endurance + density work (split squat holds, sled pushes, tempo squats). If high: recovery capacity is strong; higher weekly leg volume is tolerated.

## 11) Dead Hang

- **Metric:** Seconds
- **Cap / target:** 60 seconds
- **How to run it:** Hands shoulder width. Active hang (slight scap set) is allowed; avoid painful shrug. Stop if grip fails or shoulder discomfort escalates.
- **Subscore (0-10):** Subscore = (seconds / 60) x 10 (cap at 10).
- **Programming implications:** If low: focus on grip + shoulder capacity (hang intervals, carries, scap pulls). If high: you can handle more pulling volume and loaded carries.

## 12) Farmer Carry (2-min)

- **Metric:** CarryIndex (relative load x distance)
- **Cap / target:** CarryIndex 1.0
- **How to run it:** Choose a load you can keep moving with good posture for 2 minutes. Record total distance. Compute CarryIndex = (total_load_lbs x distance_m) / (bodyweight_lbs x 100).
- **Subscore (0-10):** Subscore = (CarryIndex / 1.0) x 10 (cap at 10).
- **Programming implications:** If low: add trunk stiffness + work capacity (carries, sled, circuits) and keep hypertrophy sessions time-efficient. If high: you have 'real-world' capacity; can tolerate higher density training.

# Interpreting the score

| J2 Junction Score | Label | What it usually means | Programming focus (next 4-8 weeks) |
|---|---|---|---|
| 0–39 | Foundation | Low capacity or inconsistent movement quality. | Reduce complexity. Build habits + technique. 2–3 full-body days |
| 40–59 | Base Builder | Can train hard, but weak links show up quickly. | Prioritize 1–2 biggest bottlenecks (often posture endurance + co |
| 60–74 | Capable | Good general fitness; can chase aesthetics reliably. | Hypertrophy-focused with a small, consistent conditioning dose |
| 75–89 | Athlete-Ready | Strong and resilient; recovery is a weapon. | Higher density programs, more unilateral + athletic accessories |
| 90–100 | Scholar Athlete | High capability across buckets. | Maintain balance while specializing (size, performance, sport). / |

## How you use this in programming

- The **lowest weighted points** (not just the lowest raw score) is the first programming priority.

- If a client is chasing size, we still keep a minimum "function floor" so joints tolerate volume.

- If left/right asymmetry is obvious, we program single-leg/single-arm work even when the average score is decent.

- Re-test every **12 weeks** (quarterly) and after any major program phase shift.

## Level 2 note

Level 2 adds advanced rotation/anti-rotation and power tests when the client's goal or sport demands it.