

By Carmen Bott

Did you know.....

A terrific and simple way to measure the status of the central nervous system (CNS) is with a finger tap test. A finger tap test is performed with the individual's heel of the hand on the table. The hand and fingers are arched up, and the individual simply taps as quickly as possible for a set time. This is recorded before physical activity, preferably every day but at least before every workout.

The finger tap test can be used due to the nature of the nerves in the body. The hands and feet are the two places where the nerves end and show great sensitivity.

If the number shows that the CNS status is elevated, it is a good day for max effort or an intense training day. The CNS is fresh and capable of handling the rigors of max effort. If the CNS status is baseline, it's a good day for dynamic work or steady state work. Be kind to your nervous system!

Happy training!

Train smart, be fast. Contact Carmen Bott, MSc. CSCS RKC: carmen@carmenbott.com



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