

Purpose: To determine if a correlation exists between the double limb lowering test (DLLT) and the prone plank test (PPT). **Background/Significance:** Core strength is important in the rehabilitation and athletic settings. Core musculature is responsible for lumbopelvic stabilization during static posture and dynamic activity, however the literature does not agree with the best way to assess core strength. A common core exercise is the prone plank test (PPT), which assess one's ability to hold an isometric contraction. The Double Limb Lowering Test (DLLT) is another assessment used to quantify core strength by assessing the core's ability to maintain the position of the pelvis during dynamic leg lowering. The purpose of this study is to determine if there is a correlation between the PPT and DLLT. **Methods/Materials:** A convenience sample of 75 healthy individuals were recruited by convenience to perform a DLLT and PPT. Subjects completed a healthy history and health screen prior to participation. The order of