

HOME WORKOUT MOVEMENT SCREEN

Keep note of where you may experience aches or pains.

Submit your answers [HERE](#).

1

OVERHEAD SQUAT

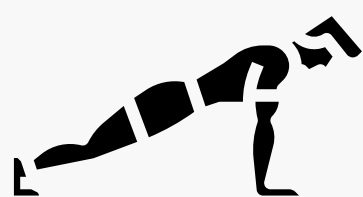


Feet are slightly wider than hip distance with the toes turned out or facing forward (depending on your hip range). Knees aligned with the 2nd-3rd toes. Keep your pelvis neutral by bracing the lower abdominals! Chest up & arms reaching overhead without arching your back. Keep a chair behind you. Tip: take videos/pictures to help track mobility changes.

Action: How many squats can you complete in 30 seconds (tap the chair & stand upright)? _____

2

STRAIGHT ARM PLANK



Shoulders over hands. Spine is one straight line actively pulling from the crown of the head forward and reaching down through the heels & extended beyond. Activate the abdominals by tucking the pelvis down and in - flattening the lower back arch. Press the floor away from you adding a slight rounding to the upper back.

Action: Time how long you can hold here - aim for 30 seconds. How many seconds did you complete without breaking form? _____

3

SHOULDER RANGE



Take the right arm up and over and the left arm reaching behind your back. Aim to touch your hands. Switch. If you have a partner with you, have them measure the distance between your fingertips if you can't quite reach yet!

Action: Can you touch your hands together behind your back? If not, what distance are you away from doing so?

Right arm on top? _____

Left arm on top? _____

4

PUSH-UPS



Start in your plank form as listed above (#2). For each rep, aim to reach the chest to a fist's height above the floor or until the upper arm is parallel to the floor. Keeping the feet together will be harder; placing the feet up to 12 inches apart for a wider base will provide more stability. Aim to keep your elbows below the shoulders so the angle between your side body and your arms is less than 90 deg.

Action: How many reps can you do in 1 minute? _____

5

SINGLE-LEG BALANCE



In an open space (free of hazards), stand on your right leg. Keep your left leg lifted in front (any height - toes off the ground through thigh parallel to the floor). Don't sink into your right hip. Create a straight line on the right side of your body from your heel, up through your hip, and out the crown of your head. If worried about your balance, keep a supportive surface nearby (like a wall). When ready, close your eyes and count how long you can hold. Switch legs.

Action: How many seconds can you balance before using your hands, dropping your leg, or opening your eyes?

Right? _____ Left? _____