

Movement Test Report Card

<b>Air Squat</b>	/	/	/	Notes
Lumbar Curve				
Heels				
Knees Out				
Full ROM				

<b>Front Squat</b>	/	/	/	Notes
Front Rack				
Lumbar Curve				
Heels				
Knees Out				
Full ROM				

<b>OH Squat</b>	/	/	/	Notes
Demo Pass Thru				
OH Position				
Lumbar Curve				
Heels				
Knees Out				
Full ROM				

<b>Shoulder Press</b>	/	/	/	Notes
Setup				
Lumbar Curve				
Vertical Bar Path				
Finish Position				

<b>Push Press</b>	/	/	/	Notes
Setup				
Vertical Dip				
Dip Drive Press				
Lumbar Curve				
Vertical Bar Path				
Finish Position				

<b>Push Jerk</b>	/	/	/	Notes
Setup				
Vertical Dip				
Hips Open				
Good Footwork				
Lumbar Curve				
Vertical Bar Path				
Finish Position				

<b>3 Rep Deadlift</b>	/	/	/	Notes
Setup				
Lumbar Curve				
Hip/Shoulders				
Bar On Legs				
Finish Position				
Lowers The Same				

<b>Burgener WarmUp</b>	/	/	/	Notes
<b>Down and Up</b>				
Demo Pass Thru				
Show Hook Grip				
Hips Open				
Arms Straight				

<b>Elbows High &amp; Out</b>	/	/	/	Notes
Hips Open				
Arms Follow Hips				
Keeps Bar Close				

<b>Muscle Snatch</b>	/	/	/	Notes
Hips Open				
Arms Follow Hips				
Keeps Bar Close				
OH Position				
No Re-Dipping				

<b>Snatch Land</b>	/	/	/	Notes
OH Position				
Falls, Doesn't Jump				
Good Footwork				
No Sinking				

<b>Hang Power Snatch</b>	/	/	/	Notes
Hips Open				
Arms Follow Hips				
Keeps Bar Close				
Good Footwork				
Proper OH Position				

<b>Hip Extension</b>	/	/	/	Notes
GHD Adjustment				
Lumbar Curve				
Moves only at hip				

<b>Back Extension</b>	/	/	/	Notes
GHD Adjustment				
Neck, Upper, Lower				
Lower, Upper, Neck				

<b>Glute Ham Raise</b>	/	/	/	Notes
GHD Adjustment				
Lumbar Curve				
Hip Extension				
Hamstring Curl				
Strict Movement				

<b>GHD Sit-Up</b>	/	/	/	Notes
GHD Adjustment				
Knees up on neg.				
Initiate up with knees				

**P = Pass, F = Fail**