



MOVE BETTER, FEEL BETTER, BE BETTER

YOUR FITNESS JOURNEY STARTS HERE....

Name

Date

 / /

Blood Pressure

Resting heart rate

Squat completed Yes No

(If no, suggest hip & or ankle mobility exercise)

Overhead Rotation completed Yes No

(If no, suggest shoulder / chest mobility exercise)

Overhead Squat

Checkpoint	Solution
Torso falling	Ankle & hip mobility exercises
Bent arms	Upper body mobility exercises
Knees moving inward	Ankle & knee mobility exercises
Heels lifting	Ankle & hip mobility exercises
Feet turning out	Ankle & hip mobility exercises

The abdominal plank test

Time

The one minute press up test

Reps



Workout notes

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