

TEST	COMPLETED	Rate the quality/ range (1-10) 1 bad -- 5 decent -- 10 fantastic	Rate the pain (out of 10) 0 no pain, 10 severe
Standing March	Left Right		
Toe Touches			
Back Arch			
Rotation	Left Right		
Air Squat			
V Squat			
Pogo Jumps	Double leg Left leg Right leg		
Single Leg Jump	Left Right		
Sitting Hip Rotation	Left Right		
Thigh Lift	Left Right		
Leg Slide	Left Right		

TEST	COMPLETED	Rate the quality/ range (1-10) 1 bad -- 5 decent -- 10 fantastic	Rate the pain (out of 10) 0 no pain, 10 severe
Block Squat	Left Right		
Plank + Leg Lift	Left Right		
Push Up			
Side Plank + Leg Lift	Left Right		
Rock Back			
Bridge + March	Left Right		
Calf Raises	Left Right		