

TEST	COMPLETED	MUSCLE EFFORT	MOVEMENT QUALITY CONTROL
Standing March	Lifting left leg Lifting right leg		
Air Squat			
Single Leg Squat	Left leg Right leg		
Squat Jump			
Pogo Jumps	Double leg Left leg Right leg		
Single Leg Jump	Left leg Right leg		
Side Box Squat	Left leg Right leg		
Lateral Plank	Left side loaded 20 sec Leg lifted 10 sec Right side loaded 20 sec Leg lifted 10 sec		
Front Plank	Hold 20 sec Left leg loaded Right leg loaded		
Bridge	Left side loaded Right side loaded		
Calf Raises x 15	Left leg Right leg		