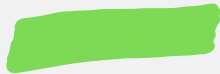


NAME: _____



BASELINE MOVEMENT SCORE CARD

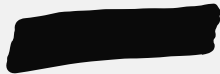
PUSH



Plank Hold for Time



Max amount of knee push-ups in 1 minute



Max amount of push-ups in 1 minute

WEEK 1

WEEK 9

PULL



MATERIALS: reusable bag, rope/string, weighted objects

Pull weighted bag 100 ft for time



Pull weighted bag 150 ft for time



Pull weighted bag 200 ft for time

WEEK 1

WEEK 9

SQUAT

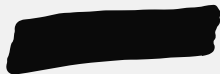
MATERIALS: tape, measuring tape



Broad jump for distance



Broad jump for distance



Broad jump for distance

WEEK 1

WEEK 9

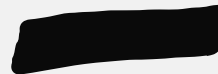
HINGE



Run 100m for time



Run 150m for time



Run 200m for time

WEEK 1

WEEK 9