

Name of Evaluator:

Name of Student:

Complete set-up and demonstration of all the bolded exercises and 2-3 unbolded exercises in each category (examiner will select).

Lower Extremity

- ☐ **Assisted 1x and 2x Sumo/Plie Squat**
- ☐ **Assisted Step-ups / Resisted Step-ups**
- ☐ **Skater Squats**
- ☐ **Resisted Seated On-point with Posterior Tib / Arch Draw**
- ☐ **Hip Hiker**
- ☐ **Split Squat x2 Support, Split Squat x1 Support, Resisted Split Squats x1 Support**
- ☐ **Resisted Single Leg Calf Raise (w/ & w/out midfoot stability), Assisted Single Leg Calf Raise**
- ☐ **Glute Medius Squat**
- ☐ **Spanish Squats**
- ☐ **Off-loaded Front Step-ups**
- ☐ Closed Chain Knee Extension (TKE)
- ☐ Kneeling Squat (quad dominant)
- ☐ Assisted Double Leg Glute Bridge, Resisted Single Leg Glute Bridge
- ☐ Hip Lift / Single Leg Hip Lift
- ☐ Nordic Hamstring Curls
- ☐ Closed Chain Hip External Rotation
- ☐ Hamstring curls
- ☐ Triple Joint Extension
- ☐ Monster walks
- ☐ Straight Leg, Single Leg Deadlift
- ☐ Sprinters
- ☐ Step-back Lunges
- ☐ Walking Lunges
- ☐ Stability Lunges
- ☐ Smith Machine Squats

Upper Extremity

- ☐ **Assisted Push-ups / Resisted Push-ups / Weighted Push-ups**
- ☐ **Assisted Pull-ups / Chin-ups with bar adjustment**
- ☐ **TRX Bicep Curls**
- ☐ **Assisted Closed-chain Tricep Extension**

- ☐ **Tricep Push-ups**
- ☐ **Choose 1:**
 - ☐ *Assisted Shoulder Y's*
 - ☐ *Shoulder W's*
 - ☐ *Shoulder T's*
- ☐ **Assisted Inverted Rows: Choose 1**
 - ☐ **Wide grip**
 - ☐ **Close grip**
- ☐ **Scaption**
- ☐ **Iso ER / Iso IR**
- ☐ Assisted Single Arm Push-ups
- ☐ Assisted Single Arm Chin-ups
- ☐ Tricep Dips
- ☐ Tricep Pull Downs
- ☐ Landmine Press
- ☐ Pike Push-ups
- ☐ Pull-up / Chin-up Negatives
- ☐ Eccentric Push-ups / Tricep Push-ups
- ☐ Plyometric Push-ups
- ☐ Diamond Push-ups
- ☐ Hand-Release Push-ups
- ☐ Feet up Push-ups Assisted and Resisted
- ☐ Single Arm Rows

Core

- ☐ **Standing Planks**
- ☐ **Standing Planks Modifications: Choose 1**
 - ☐ **Pull-downs**
 - ☐ **Alternating arms**
 - ☐ **Perturbation (tactile /ball toss/rhythmic stabilization)**
- ☐ **Standing ES Plank (with resisted arm raise)**
- ☐ **Pallof Press for stability**
- ☐ **Pallof Press with Rotation**
- ☐ **Supine Heel Taps**
 - ☐ **Hands elevated**
 - ☐ **Feet elevated**
- ☐ **Prone Planks**
 - ☐ **Assisted**
 - ☐ **Resisted**
 - ☐ **Dynamic (pelvic tilts)**

- ☐ **Core Twists**
 - ☐ Facing forward
 - ☐ Facing sideways)
- ☐ **Hollow Holds**
- ☐ **Dead Bug variation**
- ☐ **Cat Camels (to train lumbopelvic dissociation)**
- ☐ **Sit-ups**
 - ☐ Resisted
 - ☐ Assisted
- ☐ **Side Plank**
 - ☐ Static
 - ☐ Dynamic
- ☐ Pallof Press with Overhead Press / Pallof Press Walkouts
- ☐ Standing Stability with Rotation
- ☐ Resisted Straight Leg Back Extension Bridges
- ☐ Step-to Standing Plank
- ☐ Bird Dogs
- ☐ Side Plank
- ☐ Hanging Plank / Hanging Oblique Planks
- ☐ Standing Side Bend
- ☐ Russian Twist
- ☐ V-ups / Single Leg V-ups
- ☐ Jack Knife
- ☐ Toe-Taps
- ☐ Ab Wheel
- ☐ Standing Deadbug
- ☐ Farmers Carry
- ☐ Suitcase Carry
- ☐ Suitcases

Machines

- ☐ **A2**
- ☐ **A1**
- ☐ **E1**
- ☐ C2
- ☐ C1
- ☐ Knee extension
- ☐ Knee flexion

Stretches / Functional Exercises

Complete set-up and demonstration of all the bolded stretches and 2-3 unbolded exercises (examiner will select). Why would each stretch be performed?

- ☐ **Positional Distraction**
- ☐ **Thoracic Extension**
- ☐ **Cervical Spine (CS) Traction**
- ☐ **Inversion**
- ☐ **Hamstrings (Manual and Machine)**
- ☐ **Hip Flexors (Manual and Machine)**
- ☐ **Hip External rotation**
- ☐ **Hip Internal Rotation**
- ☐ **Thoracic Rotation at wall**
- ☐ **Hip Shear**
- ☐ Hip Distraction
- ☐ PA Glides
 - ☐ Thoracic
 - ☐ Lumbar
- ☐ Prone Pressups
- ☐ Sustained extension
- ☐ Carpal Tunnel Stretch
- ☐ Thenar Exercises
- ☐ Resisted Cervical Spine (CS) Retraction / Rotation
- ☐ Cervical Retraction
- ☐ Postural Education
- ☐ Scaption Push-ups
- ☐ Carpal Tunnel gapping
- ☐ Thenar exercises for carpal tunnel (3 movements)