

Name of Evaluator:

Name of Student:

Required Proficiency:

Demonstrate a thorough understanding of exercise form and progression by:

1. Explaining and demonstrating proper setup and detail-oriented form.
2. Applying critical thinking and clinical judgment to recognize when and how to:
 - a. Modify an exercise or adjust load (progression and/or regression).
 - b. Address inadequate form, including:
 - i. Utilizing external cues effectively.
 - ii. Adapting load or modifying the exercise.
 - iii. Determining when to discontinue or substitute an exercise.
3. Identifying and demonstrating key safety considerations, including:
 - a. Proper guarding techniques.
 - b. Monitoring participant response and confidently making real-time adjustments as needed.

Lower Extremity	Core
☐ 3 Foot Intrinsics	☐ Pallof Press
☐ Toe yoga, arch draw, Post tib, arch draw on pt	☐ + rotation
☐ Single Leg Calf Raise	☐ Supine Erector Spinae (ES) Plank
☐ + Midfoot stability challenge (post tib)	☐ Feet elevated
☐ Sumo Squat	☐ + Heel Taps
☐ Assisted at torso (1x)	☐ Side Plank
☐ Assisted at COG (2x)	☐ Static
☐ Hip Hiker	☐ Dynamic
☐ Side step-up	☐ Prone Plank
☐ Skater squat	☐ + toe tap
☐ Glute bridge	☐ Standing Plank
☐ Double leg	☐ ES
☐ Single leg	☐ Core
☐ Hamstring ball curls	☐ Oblique core twist
	☐ Ab Hollows

Upper Extremity ☐ Push-ups ☐ Assisted ☐ Resisted ☐ Pull-ups ☐ Chin-ups ☐ Assisted Inverted Rows: ☐ Wide grip ☐ Closed grip ☐ <u>Tendon Toughening:</u> ☐ Scaption ☐ ER (+) ☐ IR (+) ☐ Cervical Retraction ☐ At wall ☐ With BP cuff	Stretches ☐ Positional Distraction (PD) ☐ Hip Shear ☐ Thoracic Extension ☐ Foam roller / TS board ☐ Thoracic Rotation at wall ☐ Lumbar Extension ☐ Prone on elbows / cobra ☐ Prone press ups ☐ Cervical Spine (CS) Traction ☐ Inversion ☐ Hamstrings (HS) ☐ Hip Flexors (HF, Thomas stretch) ☐ Hip Distraction ☐ On mat ☐ During inversion
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Additional Exercises:

Please review and familiarize yourself with the following exercises as they are frequently incorporated in programs. Understand why and when they may be applicable. 100% proficiency in set-up and modification is not required for independence.

Lower Extremity

- ☐ Closed Chain Knee Extension (TKE)
- ☐ Glute Medius Squat
- ☐ Single Leg Calf Raise
 - ☐ Assisted
 - ☐ Resisted
- ☐ Split Squat
 - ☐ 2x (A)
 - ☐ 1x (A)
 - ☐ Resistance
- ☐ Spanish Squats
- ☐ Closed Kinetic-Chain (CKC) Hip ER
- ☐ Kneeling Squat
- ☐ Monster walks
- ☐ Nordic Hamstring Curls

- ☐ Ball roll out (A)
- ☐ Single Leg Hip Lift
 - ☐ Resisted
- ☐ SL Romanian Deadlift
 - ☐ + Post. tib. stability challenge
- ☐ Smith Machine Squats
- ☐ Sprinters
- ☐ Stability Lunges
- ☐ Step-back Lunges
- ☐ Step-downs
- ☐ Straight Leg, Single Leg Deadlift
- ☐ Toe pro
 - ☐ Lean
 - ☐ Calf raise
- ☐ Triple Joint Extension
- ☐ Walking Lunges

Upper Extremity

- ☐ **Push-ups**
 - ☐ Diamond
 - ☐ Eccentric
 - ☐ Feet up
 - ☐ Floor
 - ☐ Hand-release
 - ☐ Pike
 - ☐ Plyometric
 - ☐ Single arm (SA)
 - ☐ Spiderman
 - ☐ Tricep
 - ☐ Weighted
- ☐ Pull-up Negatives
- ☐ Chin-up Negatives
- ☐ Inverted rows
 - ☐ Feet up
- ☐ TRX Shoulder Y's
- ☐ TRX Bicep Curls
- ☐ TRX Tricep Extension
- ☐ Tricep
 - ☐ Dips
 - ☐ Pull Downs
- ☐ TRX Shoulder T's
- ☐ TRX Shoulder W's

Core

- ☐ **Dead Bug**
 - ☐ **With ball**
 - ☐ With TRX
- ☐ **Hollow Holds**
- ☐ **Sit-ups**
 - ☐ **Resisted**
 - ☐ **Assisted**
- ☐ **Standing Planks**
 - ☐ **Pull-downs**
 - ☐ **Alternating arms**
 - ☐ **Perturbation (ball toss)**
- ☐ **Pallof Press**
 - ☐ **With overhead raise (OH)**
 - ☐ **With perturbation**
 - ☐ **With mini pulses**
- ☐ **Prone Planks**
 - ☐ **Assisted**
 - ☐ **Resisted**
 - ☐ Dynamic (pelvic tilts)
 - ☐ Pull-Thoughts
- ☐ Ab Wheel
- ☐ Core twist
 - ☐ At hips
 - ☐ Seated
- ☐ ES Plank Supine with hands elevated
- ☐ Hanging Plank / Hanging Oblique Planks
- ☐ Jack Knives
- ☐ Russian Twist
- ☐ V-ups / Single Leg V-ups

Machines

- ☐ Ab crunch
- ☐ Back extension
- ☐ Chest Press
- ☐ Hip abduction
- ☐ Hip adduction
- ☐ Knee extension
- ☐ Knee flexion
- ☐ Lat pull-down
- ☐ Leg press
- ☐ Low row

Tendon Toughening

- ☐ **Glute Medius**
 - ☐ **Side Lying**
 - ☐ **Clamshell**
- ☐ **Hamstring**
- ☐ **Hip adduction**
- ☐ **Quadricep/ Patellar**

Stretches / Functional Exercises

- ☐ **Cervical Spine (CS)**
 - ☐ **Extension with ball**
- ☐ **Hip Internal Rotation**
- ☐ **Carpal Tunnel (CT) gapping**
- ☐ **CS-TS gapping**
- ☐ **Postural Education**
- ☐ **Resisted CS Retraction**
 - ☐ **With Rotation**
- ☐ **Scaption Push-ups**
- ☐ **Thenar Exercises**