

Measurements	Date	Score	Date	Score	Date	Score	Date	Score
Bodyfat								
Weight								
Heart rate								
Daily resting Heart rate								

Check for Asymmetries - flexibility	Date	Score	Date	Score	Date	Score	Date	Score
Squat (ankle, hip, t-spine)								
Lying Hamstring								
Internal/external shoulder lying down								
Seated glute								
thoracic extension								

Warm Up Series	Date	Notes	Date	Notes	Date	Notes	Date	Notes
Step n Reach								
Knee In								
Walking glute stretch								
Quad stretch n reach								
Step reach for ceiling								
Glute series								
Side Bridge								
Inch Worm								
Crawl								
Locomotion								

<sup>\*</sup>Every exercise should be an assessment, so watching your athletes warm up can uncover imblances, asymetries, fatigue and more. Pay attention, ask questions and get a good read on your athletes during every warm up.



Pro Agility - 20 yd shutttle ( 5-10-5)	Date	Time	Date	Time	Date	Time	Date	Time
3.9 to 4.0 – Elite								
4.0 to 4.2 – Pro								
4.2 to 4.6 – Good								
4.6 to 5.0 – Ok								
5.0 to 5.4- Below Average								
5.4 and above – Poor								

Vertical Jump - Broad Jump - Triple Jum	Date	Score	Date	Score	Date	Score	Date	Score
Squat hold> Jump								
Vertical jump								
Reactive (Off step) vertical jump								
Broad Jump for distance								
Triple jump for distance								

Medicine Ball Throws for distance	Date	Distance	Date	Distance	Date	Distance	Date	Distance
Seated Chest Pass								
Sit Up Throw								
Shot put								
Hinge n Overhead throw (for distance)								
Static								
with movement								
Reactive								

Max Power	Date	Score	Date	Score	Date	Score	Date	Score
1RM Snatch								
Clean								



Max Strength (3 rep max performed 70% of 1 rep max calc	Date	Score	Date	Score	Date	Score	Date	Score
Lower Body (squat, deadlift)								
Upper Body Push								
Upper Body Pull								
Grip strength (dynamometer or CoC # clc	osed)							

Fatiguing Speed tests	Date	Time	Date	Time	Date	Time	Date	Time
40 Yd dash								
60 yard shuttle (5, 10, 15yd)								

Muscular Endurance	Date	Score	Date	Score	Date	Score	Date	Score
1min Pull up for reps								
2min Sit up for reps								
1min Push Up for reps								
Plank for time								
2 arm or 1 arm hang for time								
4min Crawl - dot on back (strict)								



<b>Endurance tests</b>	Date	Score	Date	Score	Date	Score	Date	Score
1 min. Recovery between rounds								
elevate heart rate to 180-195, then test 1min recovery time.								
1.5 mile run								
Versaclimber								
10 sec								
30 sec repeats (5x)								
1 minute								
1000 ft								
Wingate repeat								
Rower								
Airdyne								
Spin Bike								
Sled Shuttle								
300 yard shuttle (2 cones, 25 yds apart, 6Xs)Shuttle Ru	n							