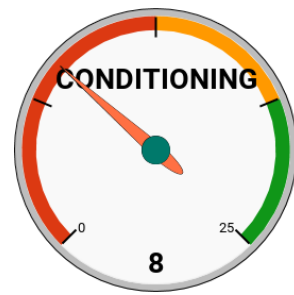
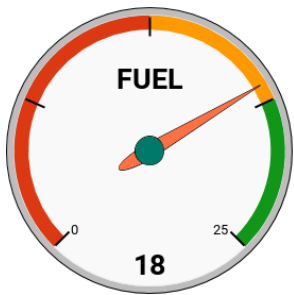


SCORE CARD



NAME	Barry Baba												
DATE													
BODYWEIGHT													
GENDER	Male												
Fuel [25 pts]			Recovery [25 pts]			Strength [25 pts]			Conditioning [25 pt]				
	VALUE	POINT		VALUE	POINT		VALUE	POINT		VALUE	POINT		
TEST [15 pts]			VITALS [10 pts]			UPPER [12 pts]			5 MINUTE TEST [14 pts]				
Inventory + Log	8	8	Rest HR bpm [5]			5 Bench Press	225	6					
Weight-Goal	0	5				5 Pull-Ups	4	6	5 Sled Push [7]	12	1		
ANTHROPOMETRICS [10 pts]			Rest SysBP mmHg [5]			5 LOWER [6 pts]			Stair [7]			15	3
		SEE CHART				5 Squat	155	6					
Waist [5]		5	REPORTED [15 pts]			TOTAL [7 pts]			HEART [11 pts]				
		SEE CHART	Questionnaire [10]		5	5			7 HR Recovery [8]		12	1	
Body Fat % [5]			Sleep Avg Time [5]		6	2	Dead	225	7	Max-Rest HR [3]		130	3
Total Points	FUEL	18	Total Points	RECOVERY	17	Total Points	STRENGTH	24	Total Points	CONDITIONING	8		



Functional Movement Screen Results

Name: Barry Baba

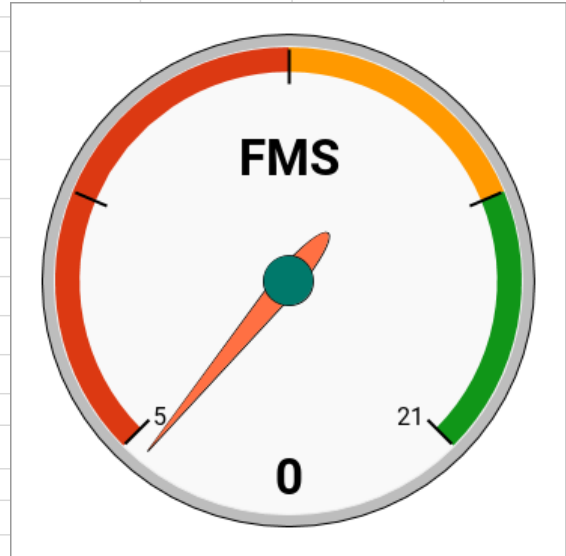
Date:

TEST	SCORE
Deep Squat	
Hurdle Step	
In Line Lunge	
Shoulder Mobility	
Active Straight Leg Raise	
Trunk Stability Push Up	
Rotary Stability	

Total Score 0/21

Summary: Mobility--Control--Injury Potential

Mobility is good throughout joints and tissues. Control is good. Potential for injury with training is low, but improved shoulder stability will greatly help reducing potential for injury further.



CORRECTIVE DRILL 1

CORRECTIVE DRILL 1

CORRECTIVE DRILL 1

CORRECTIVE DRILL 1

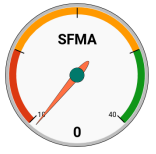
RAW DATA

#REF!

#N/A

Selective Functional Movement Assessment Results

Name:	Barry	Baba
Date:		
Top Tier Testing		SCORE
Cervical Spine Flexion		0
Cervical Spine Extension		0
Cervical Spine Rotation		0
Upper Extremity Lateral Rotation Extension		0
Upper Extremity Medial Rotation Flexion		0
Multi-segmental Spine Flexion		0
Multi-segmental Spine Extension		0
Multi-segmental Spine Rotation		0
Single Leg Stance		0
Overhead Squat		0
Total Score		0/40



Summary: Mobility-Control-Injury Potential
 Mobility is good throughout joints and tissues. Control is good. Potential for injury with training is good, but improved shoulder stability will greatly help reducing potential for injury further.

LEGEND	
Functional Normal	Green
Functional Impaired	Yellow
Functional Abnormal	Red
Functional Severe	Blue

CORRECTIVE DRILL 1

CORRECTIVE DRILL 1

CORRECTIVE DRILL 1

CORRECTIVE DRILL 1

Mindset, Vitals, Anthropometrics

Name: Barry Baba

Date:



Short Goal No more weird aches and tightness in hips. Increase energy level. Change diet to eat

One Year Goal Reduce triglycerides to under 150 (currently 300), cholesterol under 180 (currently 210)

Dream Goal I'm getting old. Would be happy to maintain the one year goal.

Small Hurdle Eat out less (currently everyday) and reduce alcohol intake to one day/week.

Big Hurdle Start an exercise program to many body tone and less than 10% body fat. Obtain more

Dream Goal Getting away from work so I can focus on exercise and getting good rest/sleep.

Waist (in) Resting Heart Rate (bpm) , Blood Pressure (Systolic mmHg)

Body Weight Max Heart Rate

Body Fat % Heart Rate Recovery (1 & 2 Minutes Post)

RAW DATA

First Name Last Name Short Goal- Let's Medium Goal- I c Goals Hurdles Hurdle 2- This wil Hurdle 3- I need Excuses: Technica Medical Hurdles: Email Address
 Barry Baba No more weird ai Reduce triglyceri I'm getting old. V Eat out less (curr Start an exercise Getting away from No other excuses, Just getting to full recovery from post-surgeries from torn labrums and being cautious I'd reaggravating anything. Also I'm getting old.

Conditioning		Strength	
Score a 0 if unable for any pain or other reason and please note why.		Score a 0 if the technique is not safe or does not allow for testing. Score a 0 for pain and note where and let PT know.	
Sled Push	Push on high poles and turn at end. 5 minute test.	Pull-ups	Chin above the bar. When chin is at the bar the test is over.
Women	Sled	Number or time:	Use drop down menu. Females have 1,3,5,10 sec time option, Males have 1,5,10 sec time option.
Men	Sled plus 40#- 2 10's on each side	Bench Press	Bar to chest, elbows fully extended
	RECORD Length, There + Back = 100 ft	Estimated 1 RM:	
Stairclimber		Squat	Goblet if Back Squat technique is not proper. Femur parallel to floor, hip and knee same height.
	They control pace. Encourage Max Effort for "Mile Run" Pace	Estimated 1 RM:	
	RECORD the number of flights from machine at 5min	Deadlift	Trap bar if Barbell technique is not proper.
Recovery HR	Instapulse at completion of Sled Push	Estimated 1 RM:	
	RECORD middle of 3 readings at each time point below		
HEART RATE VALUES [bpm]		Pullup Values	3 sec value is only available for Females
Max Effort	130	1 sec	
1 Min	120	3 sec	
2 Min	118	5 sec	
5 Min	90	10 sec	
SCORE CARD		1	
Only change PINK colored boxes. All other boxes are automated.		2	
		3	
		4	
		5	
		6	
		7	
		8	
		9	
		10	
		11	
		12	
		13	
		14	
		15	
		16	
		17	
		18	
		19	
		20	

Strength (25 pt)

Upper [Pullup 6 pt + Press 6 pt]

Level 1+2 Pullup				Level 1 Bench Press		Level 2 Bench Press		Level 1 Bench Press		Level 2 Bench Press	
MEN	Points	WOMEN	Points	MEN	Points		Points	WOMEN	Points		Points
BW 1 sec hold	1	BW 1 sec hold	1	BP 50	1	BB BP 1xBW	4	BP 30	1	BB BP 0.5xBW	4
BW 5 sec hold	2	BW 3 sec hold	2	BP 75	2	BB BP 1.25xBW	5	BP 40	2	BB BP .67xBW	5
BW 10 sec hold	3	BW 5 sec hold	3	BP 100	3	BB BP 1.5xBW	6	BP 50	3	BB BP .75xBW	6
BW x1	4	BW 10 sec hold	4	Level 1 Military Press		Level 2 Military Press		Level 1 Military Press		Level 2 Military Press	
BW x3	5	BW x1	5	MEN	Points		Points	WOMEN	Points		Points
BW x5	6	BWx2	6	MP 25	1	MP 55	4	MP 10	1	MP 25	4
				MP 35	2	MP 75	5	MP 15	2	MP 35	5
				MP 45	3	MP 88	6	MP 20	3	MP 45	6

Lower [6pt]

Level 1: Goblet Squat				Level 2:BB Back SQ/Racked KB Squat			
MEN	Points	WOMEN	Points	MEN	Points	WOMEN	Points
35	1	15	1	BW	4	.75xBW	4
55	2	25	2	1.5xBW	5	BW	5
75	3	35	3	2xBW	6	1.25xBW	6

Multiply 2xKB Squat x 1.5 for BB BSQ

Total Body [7 pt]

Level 1: Trap Bar				Level 2: Dead				Level 2: Get Up			
MEN	Points	WOMEN	Points	MEN	Points	WOMEN	Points	MEN	Points	WOMEN	Points
0.33xBW	1	.33xBW	1	.33xBW	1	.25xBW	1	15	1	5	1
0.5xBW	2	.5xBW	2	5xBW	2	.5xBW	2	25	2	15	2
BW	3	.67xBW	3	.75xBW	3	.67xBW	3	35	3	25	3
				BW	4	.75xBW	4	45	4	30	4
				1.25xBW	5	BW	5	55	5	35	5
				1.5xBW	6	1.25xBW	6	75	6	45	6
				2xBW	7	1.5xBW	7	106	7	55	7

Conditioning (25pt)

Aerobic Capacity VO2- [5pt]		Swing Test: 100 in 5 min [10 pts]							
<20	0	Level 1: 2-Hand Swing				Level 2: 1-Hand Swing			
		MEN	Points	WOMEN	Points	MEN	Points	WOMEN	Points
20-30	1	25	1	15	2	35	6		
30-40	2	35	2	25	4	45	7	25	8
40-45	3	45	3	35	6	55	8	35	9
45-50	4	55	4	45	7	65	9	45	10
50+	5			55	8	75	10		

SLED PUSH (feet)- 5 Min [10 pts]	StairMaster (floors)- 5 Min [10 pts]
700	1
800	2
900	3
1000	4
1100	5
1200	6
1300	7
1400	8
1500	9
1600	10

MASTERS 50&up: Add 1 point for functional conditioning tests.

Recovery (25pt)

Resting HR (bpm) [6 pts]		Resting BP (mmHg) [6 pts]		Sleep (hrs) [6 pts]		Questionnaire [7 pts]	
100+	0	160+/110+	0	5-6	1	10	7
90-100	2	150-159/100+	2	6-7	4	9	6
70-80	3	140-149/90-99	3	7+	6	8	5
60-70	4	130-139/85-89	4			7	4
50-60	5	120-129/80-84	5			6	3
<50	6	<120/80	6			5	2

Nutrition (25 pt)

Online Test [5 pt]		3- Day Log [10 pts]	
<50%	0	>5 Mark off	0
60%	1	4 Mark off	2
70%	2	3 Mark off	4
80%	3	2 Mark off	6
90%	4	1 Mark off	8
100%	5	No Critique	10

Body Fat % [10 pts]										
POINTS	10	9	8	7	6	5	4	3	2	1
AGE	MEN									
18-20	5	7	9	11	13	15	17	19	22	25+
21-25	6	8	10	12	14	16	19	20	23	26+
26-30	7	9	11	13	15	17	19	21	23	27+
31-35	8	10	12	14	16	18	20	22	24	28+
36-40	9	11	13	15	17	19	21	23	25	29+

41-45	10	12	14	16	18	20	22	24	26	30+
46-50	12	14	16	18	20	22	24	26	28	31+
51-55	14	16	18	20	22	24	26	28	30	32+
56+	16	18	20	22	24	26	28	30	32	33+
AGE	WOMEN									
18-20	12	14	16	18	20	22	24	26	29	35
21-25	13	15	17	19	21	23	25	27	30	35
26-30	14	16	18	20	22	24	26	28	31	36
31-35	15	17	19	21	23	25	27	29	32	36
36-40	16	18	20	22	24	26	28	30	33	37
41-45	17	19	21	23	25	27	29	31	34	37
46-50	18	20	22	24	26	28	30	32	35	38
51-55	19	21	23	25	27	29	31	33	36	38
56+	20	22	24	26	28	30	32	34	37	40