



Alloy Movement Screen and Initial Workout

Movement Screen

- 0- Pain
- 1- Beginner (unable to perform at lowest level)
- 2- Intermediate (performs with mods or compensations)
- 3- Advanced (ideal)

- 1. OH Squat: _____
- 2. Lunge: L _____ R _____
- 3. Shoulder Mobility: L _____ R _____
- 4. SLR: L _____ R _____
- 5. Plank w/ Dowel: Time _____ (0-30 sec = 1, 30-60 sec = 2, 60 + sec = 3)
- 6. Bird Dog: L _____ R _____

*Notes

Initial Workout

2 x 10 of: Beginner/Intermediate/Advanced

- 1. Hip: Bridge/DL/Swing
- 2. Squat: Brace/Goblet/SL
- 3. BW Row: 60/90/Feet Elevated
- 4. Push-up: Elevated/Regular/Advanced
 - Ropes (4x): 10/20, 15/15, 20/10
 - Specialty Work: i.e. Corrective Exercise, Partner Stretching

*Notes _____