

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								

*Every exercise should be an assessment, so watching your athletes warm up can uncover imbalances, asymmetries, fatigue and more. Pay attention, ask questions and get a good read on your athletes during every warm up.

