



SCORECARD

Name:

Date:

01. Kettlebell

Variation: (circle one)

Russian Swing - One Arm Russian Swing - KB Snatch

What Rep Count were you able to hold?

Reps/min:

If you did not make it the entire 10 min, how far did you get?

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK

02. Flexibility

Squat Hold: (circle one)

30 sec - 1 min - 2 min - 3 min - 4 min - 5 min

Therapy Squats: (circle one)

12in - 8in - 4in

Standing Hamstring Stretch: (circle one)

ankle - floor - fists to floor

Scratch Test: (circle one)

2in - 1in - touching

Standing External Hip Rotation: (circle one)

2in - 1in - touching

Groin Stretch: (circle one)

5in - 4in - 3in

*Overhead Squat Hold: (circle one)

50% - 60% - 70%

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK