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VIDEO ASSESSMENT for strength flexibility and coordination View the video

	AME: DATE:						
AGE		EV A MINIPD.					
-	M / F EXAMINER:						
HISTORY: Medications/ history of surgeries or major injuries:							
spo	rt at school:	in current life:					
fitn	ess and lifestyle goals:						
	TRUCTIONS						
	ord a video of yourself while you fo	llow along with the video at:					
<u>http</u>	os://tinyurl.com/btp-video-assess						
Score yourself for performance for each exercise in the table below							
	Exercise	(add a comment if you	(score				
		need to):	from 0 to 3)				
1	Tall kneeling quad stretch	left					
	Heel to Hindy – push hips forward		_				
		right					
2	Pole behind head						
	Push the stick back – lock the elbows						
3	Dele equat						
3	Pole squat Stick back - go low						
4	Single leg squat Knee goes forward – bum goes backwards	left					
		right					
	Single leg belance (ever	left					
5	Single leg balance (eyes closed) Stand on one leg – close your eyes						
		right					
6	Single leg heel raise Hand on wall – lift heel high	left					
		right	-				
7	Knoo to wall (and flow hilita)	left					
7	Knee to wall (ankle flexibility)						

	Heel down – push knee forward	right	
8	Long sit Straight back – lean forward		
9	Sit and reach Bend forward - send hands beyond toes		
10	V-sit Legs in a wide V		
11	Buddha sit Grab your ankles – elbows push your knees down		
12	Figure 4 sit Shin over ankle – push knee down	left right	
13	B Plank Chest high between shoulders	left	
		right	
14	Pushup Body straight like a board		
15	Side plank Proud chest – salute the captain	left	
	Troud chest Surde the cuptum	right	
16	Superman Lift arms legs and head high		
17	Prone press-up Push up slow – stop if it hurts		
18	Crunch (touch kneecaps) Elbows straight wrists straight		
HOV Your the d resul and v Your	SCORE TOTAL out of 54: (Total the scores for the 18 exercises):		
			SCORE TOTAL out of 102: (Double your score and subtract 6, the score can now be expressed as a percentage):

Suggested target scores:		
Gymnast dancer or circus performer: 95-100% High level athlete: 75-95% Recreational athlete 70-85%	High school aged person 60-80% Adult, middle aged 55-75% Older person 45-75%	