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VIDEO ASSESSMENT for strength flexibility and coordination

View the video

NAME:	DATE:
AGE:	
M / F	EXAMINER:
<u>HISTORY:</u> Medications/ history of surgeries or major injuries:	
sport at school:	in current life:
fitness and lifestyle goals:	

INSTRUCTIONS

Record a video of yourself while you follow along with the video at:
<https://tinyurl.com/btp-video-assess>

Score yourself for performance for each exercise in the table below

	Exercise	(add a comment if you need to):	(score from 0 to 3)
1	Tall kneeling quad stretch Heel to Hindy – push hips forward	left	
		right	
2	Pole behind head Push the stick back – lock the elbows		
3	Pole squat Stick back - go low		
4	Single leg squat Knee goes forward – bum goes backwards	left	
		right	
5	Single leg balance (eyes closed) Stand on one leg – close your eyes	left	
		right	
6	Single leg heel raise Hand on wall – lift heel high	left	
		right	
7	Knee to wall (ankle flexibility)	left	

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%