

A Few Functional Tests:

DO YOU KNOW What GOOD Form Looks & Feels Like??

PLEASE contact me and we can discuss!! (-:

- *Do a Plank and then march the feet – by raising the toes just say 2-3 inches off the floor, keeping a GOOD Plank form and not letting the hips drop..., do this for up to 60 seconds if you can keep form strong
- *Do Similar Plank but on Back – marching the heels, continue for up to 60 seconds, stop when form decreases
- *Do Side Plank and raise and lower the top leg, continue for up to 60 seconds – stop when form decreases
- *Do Bridge and march feet, continue for up to 60 seconds – stop when form decreases
- *Test yourself on single leg sits – how many can you do with GOOD Form
- *Single leg hops do 10

PLEASE let me know how all of these went & How you Felt, thanks! Coach Debbie (-: