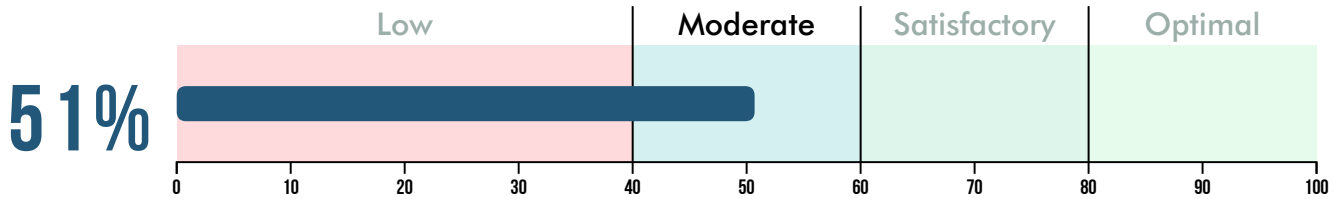


READINESS REVIEW

MAY 11, 2022

OVERALL READINESS



STATUS: MODERATE

Your Overall Readiness was in the moderate functionality zone. This means your body performance and quality of movement were average. Strive to progress your movements by maximizing your abilities. Continue to work on your focus and priority areas below to close the gap and improve your readiness!

BUILDING YOUR READINESS

QUALITY



Quality ("how you did it") assesses the movement patterns for all movements completed. To improve quality, focus on the following movements:

- Left Forward Lunge
- Right Forward Lunge
- Left Single Leg Balance - Eyes Closed
- Tandem Balance - Eyes Closed

PERFORMANCE



Performance ("what you did") assesses squat depth and jump heights/distances for movements completed. To improve your performance score, focus on the following movement:

- Concentric Jump

FOCUS & PRIORITY

1

RIGHT HIP MOBILITY

Your right hip had limited primary plane mobility during squats and/or lunges. Without proper hip mobility, your knee and/or low back tend to take on more force leaving you susceptible to injury.

2

LEFT HIP MOBILITY

Your left hip had limited primary plane mobility during squats and/or lunges. Without proper hip mobility, your knee and/or low back tend to take on more force leaving you susceptible to injury.

3

CENTER OF MASS SWAY-SIDE TO SIDE

You had excessive side-to-side (medial-lateral) sway during your balance movement(s). Lack of core stability can put you at risk for a fall. Improving balance and core strength can reduce this risk and improve every day activities.

