Date:

STRENGTH & MOVEMENT SCREENING FOR RUNNERS

Follow the video and test each. Circle if you PASS or Not Yet on each leg.

Take notes on how each it felt on each side.

The Test	Pass	Not Yet
Single Leg Squat knee in line, hips level, shoulders straight, balance, ankle stability	R / L	R / L
Swing Test Back arch, hip rotation	R / L	R / L
Single Leg Bridge Hold for 20 sec w/out hip fall	R / L	R / L
On Bench Test Hip flexor, Quad	R / L	R / L
Hamstrings 70 dgrees	R / L	R / L