

Active Life

Assessment of the Month

Should You Kip?

Athlete Name:

Date:

Flexibility - Shoulder Flexion

	Right	Left
Pass?		
Low back flat?		
Arms relatively straight?		
Thumb on floor?		
Pain from 1-10		

Mobility - Shoulder Abduction

	Right	Left
Pass?		
Biceps to ears?		
Space between shoulders and ears?		
Arms cover ears from the side?		
Able to shrug shoulders with hands overhead?		
Pain from 1-10		

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Strength Balance - Press vs. Pull

Movement	Weight	Reps
1 Arm High Pull - Right		
1 Arm High Pull - Left		
1 Arm Press - Right		
1 Arm Press - Left		

Step 1: Determine a 10 rep max 1 Arm High Pull for your right arm.

Step 2: Use that weight for the other 3 sets.

Step 3: Record the number of reps for each set.

Perfect Result: the number of reps should be equal for all sets.

Notes

- Warm up as necessary.
- Rest at least 1 minute between sets.

Use the space below to describe pain, pinching, discomfort or other issues.