

PHITBREAKS

Movement & Cardio Evaluation

Client

Date

Coach

A. OVERHEAD SQUAT ASSESSMENT

Setup

- Feet shoulder-width apart
- Arms overhead
- Head neutral
- Toes slightly turned out
- Elbows extended
- Feet remain flat

Observe During Squat

- Heels remain down
- Feet remain stable
- No excessive foot turnout
- No excessive pronation/supination
- Knees track over toes
- No knee valgus/collapse
- Hips descend symmetrically
- Adequate hip depth
- No significant lateral shift
- Chest remains relatively upright
- No excessive forward lean
- Lumbar spine remains controlled
- Arms remain overhead
- Shoulders remain stable
- No excessive arm drift forward
- No significant asymmetry

Results

Depth: ■ Full ■ Partial ■ Limited

Heels: ■ Stable ■ Lift

Knee tracking: ■ Good ■ Valgus ■ Outward

Torso: ■ Upright ■ Moderate lean ■ Excessive

Arms: ■ Overhead ■ Forward ■ Asymmetrical

Balance: ■ Good ■ Fair ■ Poor

Pain: ■ None ■ Yes — Location: _____

Primary movement limitation

Score ___ / 5

Corrective priority

B. PUSHING ASSESSMENT — Push-Up / Elevated Push-Up

- Hands shoulder-width apart
- Elbows track appropriately
- Wrists stacked under shoulders
- Shoulders remain controlled
- Body maintains straight line
- No shoulder shrugging
- Head neutral
- No excessive lumbar extension
- Core engaged
- No hip sagging or piking
- Scapulae move appropriately
- Symmetrical movement

Variation

Reps

Quality ■ Excellent ■ Good ■ Fair ■ Poor

Score ___ / 5

Pain: ■ None ■ Yes — Location: _____

Asymmetry: ■ No ■ Yes

Primary limitation

C. PULLING ASSESSMENT — Bodyweight Row / Ring Row / Lat Pulldown

Movement selected

- Neutral spine
- Elbows track appropriately
- Shoulders controlled
- No excessive shoulder shrugging
- Core engaged
- No excessive lumbar extension
- Appropriate grip
- No rotation
- Symmetrical setup
- Full controlled range of motion
- Initiates pull appropriately
- Controlled eccentric/lowering phase

■ Scapulae move well

■ Symmetrical movement

Variation	Resistance	Reps	Quality ■ Excellent ■ Good ■ Fair ■ Poor	Score __ / 5
-----------	------------	------	--	--------------

Pain: ■ None ■ Yes — Location: _____

Asymmetry: ■ No ■ Yes

Primary limitation

OVERALL MOVEMENT SCORE

Movement	Score
Overhead Squat	____ / 5
Pushing	____ / 5
Pulling	____ / 5
Overall Movement Quality	____ / 15

1 = Significant limitation 2 = Needs improvement 3 = Acceptable 4 = Good 5 = Excellent

COACH NOTES

Strengths

Movement limitations

Corrective priorities

Recommended exercises

Reassessment date

PHITBREAKS

Cardio Fitness Assessment

Client	Date	Coach
--------	------	-------

OPTION A — 6-MINUTE ASSAULT BIKE TEST

Pre-Test

- ☐ Client understands test
- ☐ No unusual pain or symptoms
- ☐ Bike properly adjusted
- ☐ Baseline HR recorded
- ☐ 3–5 min warm-up completed

Resting HR	Pre-test HR
------------	-------------

Test Results — 6 Minutes

"Work as hard as you can sustain for six minutes. Pace yourself to maximize total output."

Distance	Calories	Avg Watts	Avg HR	Peak HR	Avg RPM
		Peak RPM	RPE (1–10)		

Post-Test

Immediate HR	1-min HR	2-min HR	HR Recovery (drop)
--------------	----------	----------	--------------------

- Difficulty:** ☐ Easy ☐ Moderate ☐ Hard ☐ Very Hard ☐ Maximal
- Pacing:** ☐ Consistent ☐ Started too fast ☐ Faded ☐ Strong finish
- Breathing:** ☐ Controlled ☐ Labored
- Recovery:** ☐ Fast ☐ Moderate ☐ Slow

Overall cardio score	Coach notes
----------------------	-------------

Reassessment Tracking

Test	Date	Avg Watts	Calories	Avg HR	1-Min HR Recovery
Baseline					
Re-test 1					
Re-test 2					

Use avg watts/calories, HR response, 1-min HR recovery, and RPE together — not peak HR alone.

OPTION B — 3-MINUTE STEP TEST (no cardio equipment)

Equipment & Setup

- ☐ Step and stopwatch available
- ☐ Consistent cadence used
- ☐ HR monitor available (if possible)
- ☐ Warm-up completed
- ☐ Step height recorded
- ☐ No pain, dizziness, or symptoms

Step height (in)	Cadence (steps/min)	Warm-up (min)	Resting HR	Pre-test HR
------------------	---------------------	---------------	------------	-------------

Protocol — up-up-down-down pattern, consistent cadence for 3 minutes

Test Results

3-min HR	Immediate HR	1-min recovery HR	2-min recovery HR	RPE (1–10)
----------	--------------	-------------------	-------------------	------------

Completed 3 min? ☐ Yes ☐ No

1-Minute HR Recovery Calculation

3-min HR _____ – 1-min recovery HR _____ = _____ bpm drop

Performance Notes

Pacing: ☐ Consistent ☐ Faded ☐ Increased effort

Breathing: ☐ Controlled ☐ Labored

Balance: ☐ Good ☐ Fair ☐ Poor

RPE: ☐ Easy ☐ Moderate ☐ Hard ☐ Very Hard

Symptoms: ☐ None ☐ Yes — Details: _____

Overall cardio score

Coach notes

Reassessment Tracking

Test	Date	Step Height	3-Min HR	1-Min HR	HR Recovery	RPE
Baseline						
Re-test 1						
Re-test 2						

Compare client against their own previous results. Key measures: HR response, 1-min HR recovery, RPE.