

PHITBREAKS

Movement Evaluation

Client: _____

Date: _____

Coach: _____

A. OVERHEAD SQUAT ASSESSMENT

Setup

- Feet approximately shoulder-width
- Toes slightly turned out
- Arms overhead
- Elbows extended
- Head neutral
- 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

Record Results

Depth: _____

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: _____

Corrective priority: _____

B. PUSHING ASSESSMENT

Movement: Push-Up **Modification:** Elevated push-up

- Hands approximately shoulder-width
- Wrists stacked under/near shoulders
- Body maintains straight line
- Head neutral
- Core engaged
- Scapulae move appropriately

- ☐ Elbows track appropriately
- ☐ Shoulders remain controlled
- ☐ No shoulder shrugging
- ☐ No excessive lumbar extension
- ☐ No hip sagging
- ☐ No excessive hip piking
- ☐ Symmetrical movement
- ☐ Full controlled range of motion

Variation: _____

Reps: _____

Quality: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Pain: ☐ None ☐ Yes — Location: _____

Asymmetry: ☐ No ☐ Yes

Primary limitation: _____

PHITBREAKS

Movement Evaluation — Pulling & Overall Score

C. PULLING ASSESSMENT

Movement: Bodyweight Row / Ring Row / Lat Pulldown **Selected:** _____

- ☐ Neutral spine
- ☐ Shoulders controlled
- ☐ Core engaged
- ☐ Appropriate grip
- ☐ Symmetrical setup

Observe

- ☐ Initiates pull appropriately
- ☐ Scapulae move well
- ☐ Elbows track appropriately
- ☐ No excessive shoulder shrugging
- ☐ No excessive lumbar extension
- ☐ No rotation
- ☐ Full controlled range of motion
- ☐ Controlled eccentric/lowering phase
- ☐ Symmetrical movement

Variation: _____

Resistance: _____

Reps: _____

Quality: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

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

6-Minute Cardio Fitness Test

Client: _____

Date: _____

Coach: _____

TEST: Assault Bike • 6 minutes

Goal: Accumulate as much work as possible while maintaining sustainable effort.

Pre-Test

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

Resting HR: _____ bpm

Pre-test HR: _____ bpm

6-MINUTE TEST

Instruction: *“Work as hard as you can sustain for six minutes. You may pace yourself, but try to maximize your total output.”*

Distance: _____

Calories: _____

Average Watts: _____

Average HR: _____ bpm

Peak HR: _____ bpm

Average RPM: _____

Peak RPM: _____

RPE (1–10): _____

POST-TEST

Immediate HR: _____ bpm

1-minute HR: _____ bpm

2-minute HR: _____ bpm

HR Recovery (Immediate HR – 1-minute HR): _____ bpm drop

Difficulty: ■ Easy ■ Moderate ■ Hard ■ Very Hard ■ Maximal

Performance Notes

Pacing: ■ Consistent ■ Started too fast ■ Faded ■ Strong finish

Breathing: ■ Controlled ■ Labored

Recovery: ■ Fast ■ Moderate ■ Slow

Overall cardio score: _____ / 5

REASSESSMENT TRACKING

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

Coach note: Use average watts/calories, heart-rate response, 1-minute HR recovery, and RPE together rather than relying on peak HR alone.

PHITBREAKS

3-Minute Step Cardio Fitness Test

Client: _____

Date: _____

Coach: _____

PURPOSE

A simple, repeatable cardiovascular fitness assessment when no cardio equipment is available. Use the same step height and cadence for future reassessments.

EQUIPMENT & STANDARDIZATION

- Step and stopwatch/timer available
- Heart-rate monitor available, if possible
- Step height recorded
- Consistent cadence used
- Client completed appropriate warm-up
- Client reports no unusual pain, dizziness, or symptoms

Step height: _____ inches

Cadence: _____ steps/min

Warm-up: _____ minutes

PRE-TEST

Resting HR: _____ bpm

Pre-test HR: _____ bpm

TEST PROTOCOL

- Step continuously for 3 minutes using a consistent up-up-down-down pattern
- Maintain prescribed cadence as closely as possible
- At 3 minutes, stop and immediately record HR
- Record HR again at 1 minute and 2 minutes of recovery
- Record RPE from 1–10

TEST RESULTS

3-minute HR: _____ bpm

Immediate HR: _____ bpm

1-minute recovery HR: _____ bpm

2-minute recovery HR: _____ bpm

RPE (1–10): _____

Completed full 3 minutes? ■ Yes ■ No

CALCULATE 1-MINUTE HEART-RATE RECOVERY

3-minute HR _____ bpm – 1-minute recovery HR _____ bpm = _____ bpm recovery

PERFORMANCE NOTES

Pacing: ■ Consistent ■ Faded ■ Increased effort

Breathing: ■ Controlled ■ Labored

Balance: ■ Good ■ Fair ■ Poor

RPE: ■ Easy ■ Moderate ■ Hard ■ Very Hard

Symptoms: ■ None ■ Yes — Details: _____

REASSESSMENT TRACKING

Test	Date	Step Height	3-Min HR	1-Min HR	HR Recovery	RPE
------	------	-------------	----------	----------	-------------	-----

Baseline	_____	_____	_____	_____	_____	_____
Re-test	_____	_____	_____	_____	_____	_____
Re-test	_____	_____	_____	_____	_____	_____

Coach note: Compare the same client against their own previous results. The most useful repeatable measures are heart-rate response, 1-minute HR recovery, and RPE.