

Lucky Lanes

Bowler Information

Name	dsfds
Date	05/14/2019
Date of Birth	2019-04-02
Address	1111
City	dsfds
State	Wisconsin
Zip Code	22222
Phone	2222222222
School	2
Height	2.0
Weight	2.0
Age	2
Sex	Female
Hand Dominance	Right
Leg Dominance	Right
Primary Sport	2
Primary Position	2

Functional Movement Screen

Test		Raw Score	Final Score	Comments
Deep Squat:		0	0	none
Hurdle Step:	L	0	0	none
	R	0		
Inline Lunge:	L	0	0	none
	R	0		
Shoulder Mobility:	L	0	0	none
	R	0		

Shoulder Clearing Test:	L	false		none
	R	false		
Active Straight-leg Raise:	L	0	0	none
	R	0		
Trunk Stability Pushup:		0	0	none
Extension Clearing Test:		false		none
Rotary Stability:	L	0	0	none
	R	0		
Flexion Clearing Test:		false		none
Total:		0		
Y-Balance				
Left Posteromedial 1			2.0	
Left Posteromedial 2			2.0	
Left Posteromedial 3			2.0	
Right Posteromedial 1			2.0	
Right Posteromedial 2			2.0	
Right Posteromedial 3			2.0	
Left Posterolateral 1			2.0	
Left Posterolateral 2			2.0	
Left Posterolateral 3			2.0	
Right Posterolateral 1			2.0	
Right Posterolateral 2			2.0	
Right Posterolateral 3			2.0	
Left Anterior 1			2.0	
Left Anterior 2			2.0	
Left Anterior 3			2.0	

Right Anterior 1	2.0
Right Anterior 2	2.0
Right Anterior 3	2.0
Right Limb Length	2.0
Right Anterior Mean	2.0
Left Anterior Mean	2.0
Left Posteromedial Mean	2.0
Right Posteromedial Mean	2.0
Left Posterolateral Mean	2.0
Right Posterolateral Mean	2.0
Fitness Test	
Vitals	
Age	2
Resting Heart Rate	2
Resting Heart Rate 1	2
Resting Heart Rate 2	2
Height	2.0
Body Weight	2.0
Body Mass Index (BMI)	5000.0
Peak Flow	2.0
Anthropometrics	
Anterior 1	22.0
Anterior 2	2.0
Anterior Average	12.0
Waist Circumference	2.0
Hip Circumference	2.0

Mid Thigh Circumference	2.0
Flexed Arm Circumference	2.0
Hamstring CSA	-28.21
Quadriceps CSA	-55.09
Total Thigh CSA	-96.71
Bicep Circumference	2.0
Skinfold	
Tricep Skinfold	2.0
Subscapular Skinfold	2.0
Abdominal Skinfold	2.0
Suprailiac Skinfold	2.0
Thing Skinfold	2.0
Pectoral Skinfold	2.0
Wallsit	2.0
Sit & Reach	
Start Distance	2.0
Ending Distance 1	2.0
Ending Distance 2	2.0
Ending Distance 3	2.0
Final Distance	0.0
Muscle & Strength	
Right Hand Grip 1	2.0
Right Hand Grip 2	2.0
Right Hand Grip 3	2.0
Left Hand Grip 1	2.0
Left Hand Grip 2	2.0

Left Hand Grip 3	2.0
Prone Time	2.0
Right Knee Extension Force 1	2.0
Right Knee Extension Force 2	2.0
Left Knee Extension Force 1	2.0
Left Knee Extension Force 2	2.0
J H 1	2.0
J H 2	2.0
Medical Pass 1	2.0
Medical Pass 2	2.0
Aerobic Capacity	
VO2 Max	-2440.0
Post Heart Rate	2
Post VO2 Max	75.708
Age Rating	0.0
Rockwell Heart Rate	2
Walk Time	22.366666666666667
Rockwell VO2 Max	0.0
Walk Distance	2.0
Walk VO2 Max	-11.243013637379836
ACSM Percentile	0.0
Par-Q and You	
Question 1 Answer	false
Question 2 Answer	true
Question 3 Answer	true
Question 4 Answer	true

Question 5 Answer	true
Question 6 Answer	true
Question 7 Answer	