

Name Surname

01/06/2022

Excellent

COORDINATION & PROPRIOCEPTION		
1-leg stand	L 3	R 3
STRENGTH & STABILITY		
Ventral core	0	
Dorsal core	0	
Lateral core	0	
Hip abductors 1	L 3	R 3
Hip abductors 2	L 3	R 3
Hip extensors	L 3	R 3
Leg axis	L 3	R 3

Training recommendations:

ADDITIONAL INFORMATION

- Leg axis / Ankle

- Ventral core
- Dorsal core
- Lateral core
- Hip abductors
- Hip extensors
- Leg axis
- Shoulder blade

- [illegible]