UEFA20 RESULTS



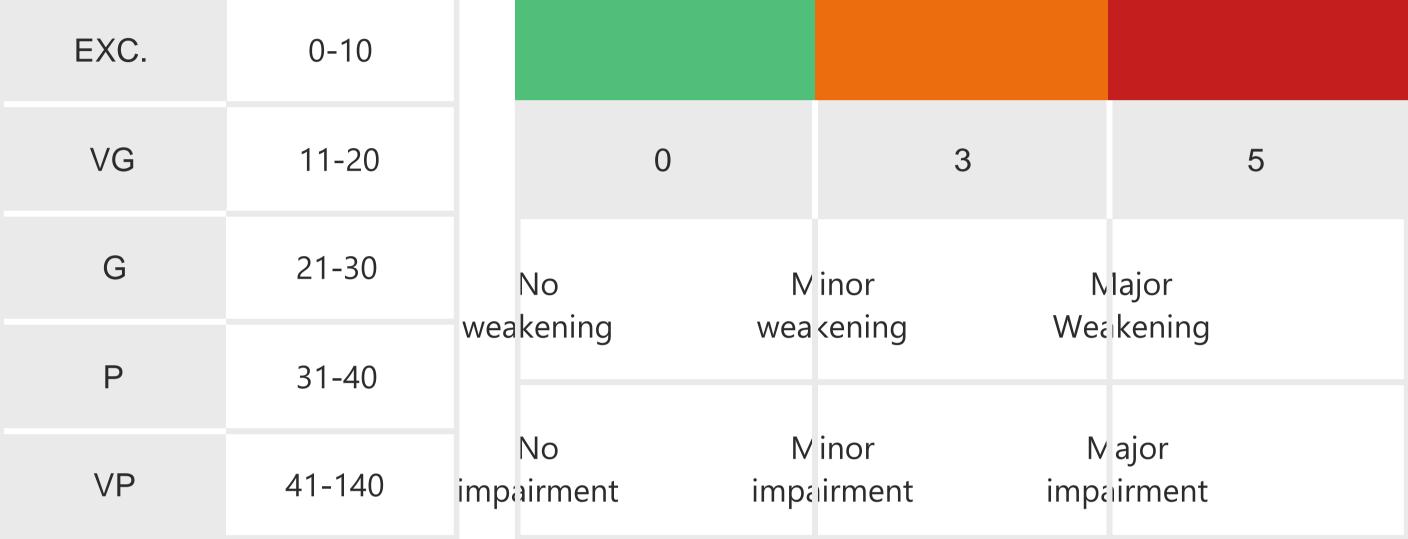
Name:

Name Surname

Date:

01/06/2022

Result:



3	5
	Major Weakening
	Major impairment
	FLEXIBILIT

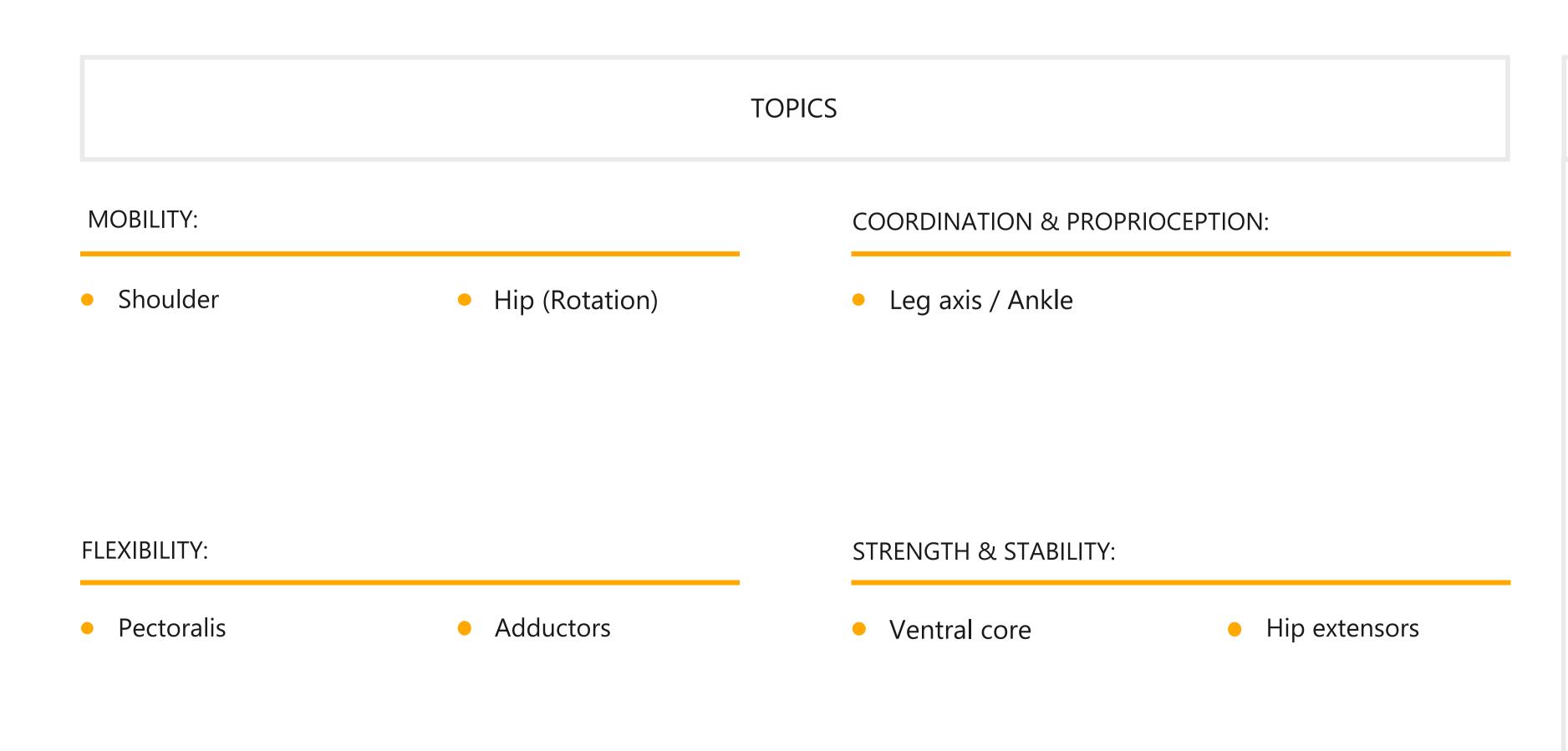
MOBILITY						
Shoulder flexion			0			
T-spine extension			0			
T-spine rotation	L	3		R	3	
Hip flexion	L	3		R	3	
Hip extension	L	3		R	3	
Hip exorotation	L	3		R	3	
Hip endorotation	L	3		R	3	
Ankle dorisflexion	L	3		R	3	

FLEXIBILITY						
Pectoralis			0			
Hip flexor	L	3		R	3	
Quadriceps	L	3		R	3	
Adductor			0			
Hamstrings	L	3		R	3	
Sit & Reach			0			
Hamstrings	L	3		R	3	

STRENGTH & STABILITY						
Ventral core			0			
Dorsal core			0			
Lateral core	L	3		R	3	
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	

1-leg stand

Training recommendations:



ADDITIONAL INFORMATION

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