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| Comparison Survey: Back Squat Exercise | | | | | |
| Subject ID#: | | | | | |
| Age: | | | | | |
| Height (in.): | | | | | |
| Weight (lbs.): (kg): | | | | | |
| Shoe Size: | | | | | |
| Resistance Training Years: | | | | | |
| High School Sports: | | | | | |
| Estimated Back Squat 1RM: 60% of 1RM= | | | | | |
| For each item identified below, circle the number  to the right that best fits your judgment of its stability.  Use the scale to select the stability number. | | | | | |
| Item | Stability Scale | | | | |
| Poor | Good | | | Excellent |
| 1. Perceived stability when training with shoes on. | 1 | 2 | 3 | 4 | 5 |
| 1. Perceived stability when training with shoes off. | 1 | 2 | 3 | 4 | 5 |
| 1. Preferred method of training. (Shoes on=1; shoes off= 5.) | 1 | 2 | 3 | 4 | 5 |