



Guesstimate for hip flexion straight leg 105 degrees.



Guesstimate for hip flexion bent knee would be 110 degrees.







Guesstimate for hip lateral flexion would be above average at about 50 degrees.

My forearm plank is now at 2 minutes and 50 seconds, this 20 seconds improvement since I did my yoga module 14 final assessments.

I can now complete 24 full push-ups which is 3 more than last time..

I completed 80 curl ups which was a personal goal for me so I think it helped I was very motivated.