

CoreScore



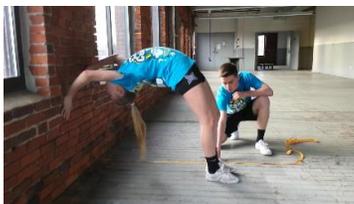
Test your starting point and track your progress with the CoreScore.

1. Height- Measure 'height' in inches and on flat foot from the ground to extended heel of hand (palms up).



2. FaSTJacks- Similar to Jumping Jacks, they test your endurance. Begin with feet outside of shoulder width apart and arms in a high 'V' motion. On command, touch hands together above the head without bending elbows more than 90 degrees and while hopping feet the whole way together. Continue this sequence as many times as possible for 15 seconds while maintaining neutral hips and spine.

3. Front Wall Plank- Tests Anterior Strength. Begin with toes against wall in straight body position. Slowly, walk your feet backward while simultaneously walking your hands down the wall. You must maintain a straight or slightly hollow body position or the score does not count. Have a partner measure and record the distance in inches between your toes (should be together) and the bottom of the wall.



4. Reverse Wall Plank- Tests Posterior Strength. Begin with heels of your feet and the palms of your hands against wall (by your head) and in straight body position. Slowly walk your feet forward and your palms down the wall. You must maintain a straight or slightly arched body position or the score does not count. Have a partner measure and record the distance in inches between your heels (should be together) and the bottom of the wall.

- 5. Divide** your score on the 'Front Wall Plank' by your 'height' to get a percentage then make it a whole number.
- 6. Divide** your score on the 'Reverse Wall Plank' by your 'height' to get a percentage and make that a whole number.
- 7. Add** those two whole numbers together plus your total repetitions of FaSTJacks to get your personalized CoreScore.

Results: Under 100 = no using equipment yet!

120 Points = Good!

150 Points = Great!!

190 Points = Outstanding!!!

COREATHLETICS

TRAINING TOOLS FOR CHAMPIONS

www.CoreAthletics.com

866.623.3593

Follow us: @CoreAthletics1