

PERFORMANCE TESTING

KINEXIT
TRAIN BETTER. PLAY MORE.

Date _____

Name _____

Weight _____ Height _____

MOBILITY

LEFT FOOT (measurement)

RIGHT FOOT (measurement)

Test 1 - Foot mobility

Test 2 - Forward reach + toe in

Test 3 - Forward reach + toe out

Test 4 - Backward reach + toe in

Test 5 - Backward reach + toe out

Test 6 - Right side bend

Test 7 - Left side bend

POWER (LOWER BODY)

LEFT FOOT (measurement)

RIGHT FOOT (measurement)

Test 1 - Forward

Test 2 - Backwards

Test 3 - Same side lateral

Test 4 - Opposite side lateral

Test 5 - Opposite side rotation

Test 6 - Same side rotation

POWER (UPPER BODY)

Test 7 - Overhead throw

LEFT (measurement)

RIGHT (measurement)

Test 8 - Rotational Throw

SPEED / ENDURANCE

LEFT LAP (time)

RIGHT LAP (time)

Test 1 - Speed

Test 2 - Endurance
