**Functional Movement Mastery Test (Functional Movement Master)**

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START DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COMPLETION DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SCORE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MASTERY TEST**

**Movement Capacity**

\_\_\_ Squat with quads level to ground

\_\_\_ Be able to touch toes

\_\_\_ Stand on a BOSU under control with single leg

\_\_\_ Hinge greater than a 60-degree angle (use lines on wall).

\_\_\_ Rotate with leg bolstered (top knee at 90) with shoulders on ground (palms up).

\_\_\_ Shoulder mobility: against wall with heels off the wall at tibal tubrical distance away. Hold PVC at 90 degrees on head, extend arms down and then overhead with elbows locked out; Touch knuckles to wall; pass / fail.

**Demonstrate**

\_\_\_ HPSB – push up with correct shoulder and core posture (knees or toes)

\_\_\_ HPLB – an inverted row with correct shoulder and core posture

\_\_\_ KB – a body weight squat with correct ankle, knee, hip and back post (end range awareness)

\_\_\_ HB – a body weight hip hinge with correct knee, hip and back post (end range awareness)

\_\_\_ Lunge with 2 right angles, back knee to ground, front knee and hip in alignment

\_\_\_ Hor. Or H2L W.C. or RIP trainer strike

\_\_\_ Anterior and Posterior Pelvic Tilt

\_\_\_ Standing shoulder packing

\_\_\_ Supine banded lat. Packing (black band)

\_\_\_ Vertical scap engagement on smith machine. Demonstrate the ability to pack scap with lat engagement with 35%/25% of body weight; if over 70, use 25%/20%.

**Strength and Conditioning**

22 points = gold (“Masters”)

20 points = silver

17 points = bronze

(Must be completed within the month of the challenge. If they get bronze or silver, then they can’t obtain the next level until next testing period—September or February.)

\_\_\_ Trap Bar DL Body Weight x 5 (if over 70, use 75% of BW)

\_\_\_ Hold 70kb/52kb for 60 sec. (if over 70, use 52kb/35kb)

\_\_\_ Plank 90 seconds with correct hip posture

\_\_\_ Drag 100lbs/70lbs down and back in 45 sec. (if over 70, 70lbs/50lbs)

\_\_\_ Row 1,000/825 meters in 4 minutes (if over 70, row 900/750)

\_\_\_ 50 kb swings 44/35 kb in under 90 seconds (if over 70, 35kb/25kb)