

SETTING GOALS (COACH QUESTIONS)

Questions for the Coach to ask:

What are your fitness goals? _____

Will your spouse be joining you? _____
Is your spouse supportive of your goals? _____

How close do you live to the gym? _____

Where do you work? _____
What do you do there? _____

How long have you been thinking about these goals? _____

When was the last time you were in shape? _____

What have you tried in the past? _____

What caused you to stop? _____

How is your stress level on a daily basis? _____

How soon are you looking to get started? _____

notes: _____

SQUAT ASSESSMENT CHECKLIST

This tells us ankle, knee, and hip mobility. It will show us any compensations in the lumbar and or thoracic spine. Functionally it will tell us if this person is ready for back squats, kettlebell squats, bodyweight squats, or a regression of the bodyweight squat.

1. Neutral Spine**
2. Neutral Pelvis
3. Vertical Torso
4. Stable Knees
5. Knees Tracking First Two Toes**
6. Feet Planted
7. Eyes Fixed Straight Ahead
8. Depth Below Parallel**

****Non-negotiables**

IF they fail any of the non-negotiables, step back and start them on regressions to fix the issue.

HINGE ASSESSMENT CHECKLIST

The hip hinge is a basic movement pattern that every single person must have.

1. Knees in Line with Toes
2. Feet Straight Ahead or Slightly Turned Out
3. Neutral Spine**
4. Reaches Depth**

****Non-negotiables**

IF they fail any of the non-negotiables, step back and start them on regressions to fix the issue.

LUNGE ASSESSMENT CHECKLIST

The lunge tells us if the athlete has the unilateral strength to perform lunges and sprints, and tells us if the athlete would be better off starting with a regression of step-ups.

1. Stability in Knee**
2. Stability in Hips**
3. Neutral Spine**
4. Vertical Torso
5. Symmetrical**

****Non-negotiables**

OVERHEAD SQUAT ASSESSMENT CHECKLIST

The overhead squat tells us if the athlete has the stability and mobility to safely perform a snatch, and tells us if the athlete would be better off starting with regressions to get better at the overhead squat.

1. Vertical Spine**
2. Knees Track with First Two Toes**
3. Bar Stays Somewhere between Ears and Upper Traps
4. Below Parallel
5. Athlete Maintains Stability throughout Entire Structure
6. Arms Stay Locked**

****Non-negotiables**

FRONT SQUAT ASSESSMENT CHECKLIST

The front squat tells us if the athlete has the mobility to safely perform a clean, and tells us if the athlete would be better off starting with regressions to get better at the front squat.

1. Bar between the Front Delts and Traps**
2. Ideally, maintain full-fingered, relaxed grip on the bar
3. Elbows up**
4. Knees Track with First Two Toes**
5. Neutral Spine**
6. Feet Flat on the Ground**
7. Achieve Depth**

****Non-negotiables**

STRICT / MILITARY PRESS ASSESSMENT CHECKLIST

The strict press tells us if the athlete has the mobility and bar path to safely perform a jerk as well as stability in the upper body, and tells us if the athlete would be better off starting with regressions to get better at the strict press.

1. Bar between the Front Delts and Traps
2. Legs Locked
3. Move Chin
4. Neutral Spine**
5. Arms Locked Out**

****Non-negotiables**

SNATCH GRIP DEADLIFT ASSESSMENT CHECKLIST

A deadlift with a very wide grip tells us if an athlete's movement and back strength is sufficient enough to safely snatch heavy weight.

1. Neutral Spine**
2. Knees Track with First Two Toes**
3. Shoulders are above the Hips in the Start Position**
4. Elbows Out**
5. Bar is Close**

****Non-negotiables**
