

# **FIRT IMPRESSIONS**

## **FITNESS SUMMIT 2009**

*Daniel Doiron*

### **Movement Screening**

OHS,  
GH Joint pinch,  
Hand touch together in the back,  
Forward, rotation and back spine bending (pinch, pain),  
Hamstring flexibility,  
Cobra.

### **Muscle strength, endurance and imbalance**

1 leg drop jump,  
Lower back stepping stability,  
1 leg standing hip stability,  
AB plank strength (opp arm and leg),  
Pull-up max #,  
Push-up max #,  
Squat max #,  
40m, 100m, 250m, 500m, 1000m run (leg metabolic information),  
Power: Clapping push-ups, vertical jump.

### **Postural Evaluation**

Forward,  
Side,  
Arches,  
Hand (pencil test),  
Neck and head.

### **Health screening**

Past injuries,  
Special considerations,  
Lifestyle,  
Training and sport experiences,  
Nutrition,  
Body weight and body composition.

### **Exercise experience**

Squat,  
Deadlift,  
Clean & Jerk,  
Plyometric,  
Running,  
Swimming,  
Intervals,  
Long duration.