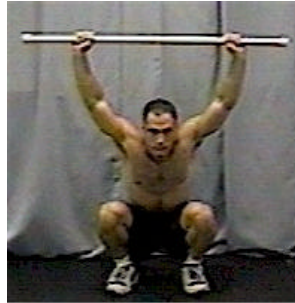


Appendix B

Deep Squat©



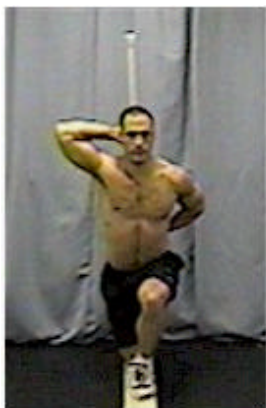
http://www.functionalmovement.com/SITE/images/fms_deep_squat3a.jpg
http://www.functionalmovement.com/SITE/images/fms_deep_squat3b.jpg

Hurdle Step©



http://www.functionalmovement.com/SITE/images/fms_hurdle_step3a.jpg
http://www.functionalmovement.com/SITE/images/fms_hurdle_step3b.jpg

In-Line Lunge©



http://www.functionalmovement.com/SITE/images/fms_in-line_lunge3a.jpg
http://www.functionalmovement.com/SITE/images/fms_in-line_lunge3b.jpg

Shoulder Mobility©



Clearing Test

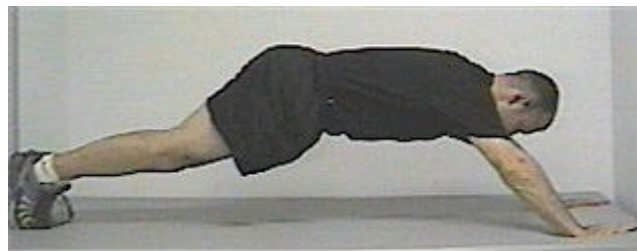
http://www.functionalmovement.com/SITE/images/fms_shoulder_mobility3a.jpg
http://www.functionalmovement.com/SITE/images/fms_shoulder_mobility4.jpg

Active Straight Leg Raise©



http://www.functionalmovement.com/SITE/images/fms_straight_leg_raise3a.jpg

Trunk Stability Push-up©



http://www.functionalmovement.com/SITE/fms_test/images/fms_trunk_stability_push-ups3a.jpg

http://www.functionalmovement.com/SITE/fms_test/images/fms_trunk_stability_push-ups3b.jpg

Trunk Stability Push-up© Clearing Test



http://www.functionalmovement.com/SITE/fms_test/images/fms_trunk_stability_push-ups4.jpg

Rotational Stability©



Rotational Stability Clearing Test

http://www.functionalmovement.com/SITE/images/fms_rotational_stability3a.jpg

http://www.functionalmovement.com/SITE/images/fms_rotational_stability3b.jpg

http://www.functionalmovement.com/SITE/images/fms_rotational_stability4.jpg