

Instructor Name:

This assessment is considered a technical assessment. The first item assessed is an ability to deliver a safe workout that is compliant to the minimum delivery safety standards of MOSSA. It assesses safety of the core, or foundational moves, found in each MOSSA program. The second item assessed is basic programming compliance skills. This assessment does not assess those additional skills that are indicative of filling group fitness rooms such as the ability to coach, connect with, and entertain an audience.

Summary Assessment

	Warm-Up	Legs	Chest	Back & Legs	Triceps	Biceps	More Legs	Shoulders	Core	Recovery
Is SET position correct?	Yes									
Does instructor state track name ? ¹	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does instructor explain all elements of Weight Factor ? ¹	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Are track intros timely?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does instructor demonstrate the ability to deliver correct programming ? ²	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does instructor demonstrate the ability to move in time with music? ²	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the grip correct?	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the stance (foundational position) correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the target (range of motion) correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the movement correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is track timing and execution correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Are the release specific movements correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Are the stretches performed correctly?										Yes
Track Comments ³	0	0	0	0	0	0	0	0	0	0
Does instructor pass track?	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES

Overall Assessment Outcome

PASS

¹Track name and all elements of Weight Factor should be delivered prior to the start of the track.

²These criteria are essential for instructor to pass a track.

³In order to pass a track, there can be no more than 5 comments.

In order to pass a track, there can be no more than 4 NOs in a track

TECHNICAL ASSESSMENT CRITERIA



This resource lists all the criteria that the assessors evaluate during the technical video assessment process. Please be aware that these criteria are for the standard version of each exercise; however, the exercises featured in each workout may vary slightly from the standard version (e.g. Incline Chest Press is a variation of the Chest Press). Instructors will be assessed according to how each exercise is performed in the video for that workout. Variations and release-specific moves may be noted by the assessors for each exercise. Prior to submitting your video for assessment, review your video to ensure that you are meeting these requirements.

COMPETENCY			EVALUATION CRITERIA
ALL TRACKS	SET Position	Grip	Grip bar just outside thighs
		Stance	Keep feet shoulder width apart, not narrower
		Stance	Keep feet shoulder width apart, not wider
		Stance	Set up Split Stance
		Stance	Keep shoulders over hips
		Stance	Keep back straight and chest lifted
	Timing		Fill music with movement; avoid pausing before starting next repetition
			Timing slower than indicated rhythm
			Timing faster than indicated rhythm
	Execution	Weight	Not enough weight for appropriate execution
		Weight	Too much weight for appropriate execution
		Power	Movement performed does not display appropriate speed emphasis to elicit power
		Movement	Execute movement with appropriate muscular intent
	Release Specific Moves		Movement rhythm and timing incorrect; refer to video
			Movement does not display correct speed and/or power emphasis; refer to video
			Check range of motion per video
			Check target per video
			Check muscular energy per video
			Check body position per video
			Check equipment use per video
			Movement not performed accurately; refer to video
WEIGHT FACTOR	Applies to Tracks 1-8		State Weight Factor
			State correct Weight Factor
			State weight recommendation
			State correct weight recommendation
			State rationale
			State correct rationale

SQUAT & SQUAT VARIATIONS

COMPETENCY

EVALUATION CRITERIA

Stance	Maintain SET Position
Target	Keep spine parallel to shinbone (or more upright) throughout entire range of movement, avoiding excessive forward flexion
Target	Keep knees tracking toward center of foot or wider
Movement	Maintain neutral spine
Movement	Maintain neutral chin alignment
Movement	Initiate movement from hips, knees, and ankles
Movement	Keep whole foot on floor throughout entire range of motion (both feet)
Movement	Return to SET position, avoiding hip flexion
Movement	Return to SET position, avoiding excessive pelvic tuck
Movement	Keep knees soft at top of movement, no locking
Movement	Avoid bouncy, sticky, or staggering movement unless programmed
Target	Bar-loaded Squat > Maintain 90-degree knee flexion at bottom of movement, no lower
Target	Bar-loaded Squat > Increase range of motion to avoid top-half squat
Target	Bodyweight Squat (including light plate load) > Keep thighbone no lower than parallel to floor
Stance	Diag Squat B > Keep front foot anchored with toes mostly forward
Stance	Diag Squat B > Keep front knee mostly in line with front foot
Target	Diag Squat B > Avoid stepping directly next to or behind anchored leg
Movement	Diag Squat B > Step leg out and back to make a quarter circle
Grip	Squat w/bar in F > Grip bar just outside thighs
Stance	Squat w/bar in F > Maintain SET or narrow SET position
Target	Squat w/bar in F > Lower bar toward shins at bottom of movement
Movement	Squat w/bar in F > Initiate movement from hips, knees, and ankles, avoiding excessive forward flexion
Stance	Split Squat > Maintain SET position
Stance	Split Squat > Keep knees soft
Stance	Split Squat > Keep back heel elevated
Stance	Split Squat > Keep hips and shoulders in neutral position
Stance	Split Squat > Keep pelvis square
Stance	Split Squat > Keep feet hip width apart
Stance	Split Squat > Set up short stride
Target	Split Squat > Keep front knee tracking toward center to outside of foot
Target	Split Squat > Keep back knee aligned with hip
Target	Split Squat > Increase range of motion to avoid top-half squat
Target	Split Squat > Keep spine parallel to shinbone (or more upright) throughout entire range of movement, avoiding excessive forward flexion
Movement	Split Squat > Maintain neutral spine throughout entire range of motion
Movement	Split Squat > Lower back knee toward floor while flexing front knee, keeping majority of weight in front leg
Movement	Split Squat > Return to initial position keeping front knee soft, no locking
Movement	Split Squat > Return to SET position, avoiding hip flexion
Movement	Split Squat > Return to SET position, avoiding excessive pelvic tuck
Movement	Split Squat > Avoid bouncy, sticky, or staggering movement unless programmed

COMPETENCY		EVALUATION CRITERIA
LUNGE	Stance	Maintain SET position
	Stance	Keep knees soft
	Stance	Keep back heel elevated
	Stance	Keep hips and shoulders in neutral position
	Stance	Keep pelvis square
	Stance	Keep feet hip width apart
	Stance	Set up long stride
	Target	Maintain 90-degree knee flexion at bottom of movement
	Target	Keep front knee tracking toward center to outside of foot
	Target	Keep back knee aligned with hip
	Target	Keep front knee behind toes
	Target	Increase range of motion to avoid top-half lunge
	Target	Keep spine parallel to shinbone (or more upright) throughout entire range of movement, avoiding excessive forward flexion
	Movement	Maintain neutral spine throughout entire range of motion
	Movement	Lower back knee toward floor while flexing front knee
	Movement	Return to initial position keeping front knee soft, no locking
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Stance	Crossover Lunge B > Keep pelvis mostly square
	Movement	Crossover Lunge B > Keep front foot anchored
	Movement	Crossover Lunge B > Lower back knee toward floor while flexing front knee
SHORT-STRIDE LUNGE	Stance	Maintain SET position
	Stance	Keep knees soft
	Stance	Keep back heel elevated
	Stance	Keep hips and shoulders in neutral position
	Stance	Keep pelvis square
	Stance	Keep feet hip width apart
	Stance	Set up short stride
	Target	Keep front knee tracking toward center to outside of foot
	Target	Keep back knee aligned with hip
	Target	Split Squat > Increase range of motion to avoid top-half lunge
	Target	Keep spine parallel to shinbone (or more upright) throughout entire range of movement, avoiding excessive forward flexion
	Movement	Maintain neutral spine throughout entire range of motion
	Movement	Lower back knee toward floor while flexing front knee, keeping majority of weight in front leg
	Movement	Return to initial position keeping front knee soft, no locking
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

COMPETENCY		EVALUATION CRITERIA
CHEST PRESS	Grip	Grip bar slightly outside shoulders
	Grip	Keep wrists in neutral position, avoiding excessive extension
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep knees higher than hips
	Stance	Keep feet uncrossed
	Stance	Keep head supported on step
	Stance	Keep neck and spine aligned
	Target	Keep wrists and elbows lined up with midline of chest
	Target	Keep elbows mostly in line with top of STEP, avoiding excessive shoulder extension
	Target	Keep wrists above elbows at bottom of movement
	Movement	Lower bar toward midline of chest and press straight up
	Movement	Keep elbows soft at top of movement, no locking
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
PUSH UP	Grip	Keep elbows mostly in line with wrists at bottom of movement
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Stance	Keep neck and spine aligned
	Target	Maintain 90-degree elbow flexion at bottom of movement
	Target	Increase range of motion to avoid top-half push up
	Target	Keep wrists and elbows lined up with midline of chest
	Movement	Lower body toward floor by flexing elbows
	Movement	Keep elbows soft at top of movement, no locking
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Ground-to-Standing Push Up > lower body to floor and push up, maintaining scapular retraction
CHEST FLY	Grip	Maintain neutral wrist alignment
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep knees higher than hips
	Stance	Keep feet uncrossed
	Stance	Keep head supported on step
	Stance	Keep neck and spine aligned
	Target	Keep elbows above step at bottom of movement
	Target	Keep plates over midline of chest at top of movement
	Target	Keep plates shoulder width apart at top of movement
	Target	Keep plates in line with midline of chest at bottom of movement
	Movement	Lower and lift plates by abducting and adducting arms
	Movement	Keep elbows slightly bent throughout entire range of movement
	Movement	Keep elbows soft at top of movement, no locking
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

BACK & LEGS



COMPETENCY		EVALUATION CRITERIA
ROMANIAN DEADLIFT	Grip	Grip bar just outside thighs
	Stance	Maintain SET position
	Stance	Split Stance > Keep knees soft
	Stance	Split Stance > Keep back heel elevated
	Stance	Split Stance > Keep hips and shoulders in neutral position
	Stance	Split Stance > Set up Split Stance
	Target	Lower bar to kneecap at bottom of movement
	Movement	Maintain neutral spine, flex hips, and slide bar down thighs toward knees
	Movement	Soften knee bend up to 20 degrees as bar moves down
	Movement	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Keep elbows and knees soft
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
BENT OVER ROW	Grip	Grip bar just outside thighs
	Stance	Maintain SET position
	Stance	Split Stance > Set up Split Stance
	Stance	Split Stance > Keep knees soft
	Stance	Split Stance > Keep back heel elevated
	Stance	Split Stance > Keep hips and shoulders in neutral position
	Target	Lower bar to kneecap at bottom of movement
	Target	Pull bar toward abdomen
	Movement	Maintain neutral spine, flex hips, and slide bar down thighs toward knees
	Movement	Soften knee bend up to 20 degrees as bar moves down
	Movement	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Movement	Squeeze shoulder blades together as elbows pull back, keeping torso still
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Grip	Bent Over Row w/wide grip > Grip bar wide
SQUAT		See Criteria in Legs
DEADSQUAT	Grip	Grip bar with narrow grip unless otherwise programmed
	Stance	Maintain wide stance, feet outside shoulders, unless otherwise programmed
	Target	Lower bar to floor at bottom of movement
	Movement	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Movement	Maintain neutral spine keeping chest elevated through entire range of motion
	Movement	Initiate movement from hips, knees, and ankles, avoiding excessive forward flexion
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Keep elbows and knees soft
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

BACK & LEGS

COMPETENCY		EVALUATION CRITERIA
S-ARM BENT OVER ROW	Grip	Grip bar with neutral wrist
	Grip	Grip bar with hand near plate
	Stance	Maintain SET position
	Stance	Keep shoulders back and down, avoid rounding upper back
	Stance	Lean body forward 45 degrees from vertical position by flexing from hips
	Stance	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Stance	Keep hips and shoulders in neutral position, avoiding rotation (unless programmed with rotation)
	Stance	Stand with one foot on step and one foot on floor
	Stance	Lower step to one-riser height
	Target	Pull bar toward lower rib cage
	Movement	Keep elbow near rib cage and pull elbow straight up with plate toward chest
	Movement	Lower bar and return to initial position, avoiding rotation (unless programmed with rotation)
	Movement	Keep elbows soft at bottom of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
REVERSE FLY	Grip	Maintain neutral wrist alignment
	Grip	Grip plates with palms facing each other
	Stance	Maintain SET position
	Stance	Set up Split Stance
	Stance	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Stance	Lean torso forward 45 degrees from vertical position by flexing from hips
	Stance	Keep shoulders back and down, avoid rounding upper back
	Target	Lift elbows to shoulder height at top of movement
	Movement	Lift plates toward ceiling, palms facing floor or leading with back of hand, while squeezing shoulder blades together
	Movement	Maintain 45-degree torso angle throughout movement
	Movement	Lower arms and return to initial position, maintaining soft elbows
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
HANG CLEAN & HANG CLEAN AND PRESS	Grip	Grip bar just outside thighs
	Grip	Maintain full grip on barbell
	Stance	Maintain SET position
	Target	Load Phase > Keep shoulders over bar while flexing hips
	Target	Load Phase > Bend knees 15 to 30 degrees
	Target	Load Phase > Lower bar toward mid-thigh, no lower
	Target	Load Phase > Keep knees behind toes
	Target	Catch Phase > Bend knees 15 to 30 degrees
	Target	Catch Phase > Keep knees behind toes
	Target	Catch Phase > Keep knees tracking toward center of foot or wider
	Movement	Load Phase > Flex at hips and knees, keeping bar close to thighs and arms straight
	Movement	Clean Phase > Extend hips and shrug shoulders upward, keeping bar close to body
	Movement	Clean Phase > Keep elbows wide and above bar as bar moves toward chest
	Movement	Clean Phase > Keep bar close to body, avoiding a Reverse Bicep Curl
	Movement	Catch Phase > Flip elbows underneath bar, flexing hips and knees
	Movement	Return Phase > Flip elbows over bar and straighten legs while lowering bar to SET position
	Movement	Return Phase > Keep bar close to body, avoiding a Reverse Bicep Curl
	Movement	Return to SET position before initiating next movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Target	Hang Clean & Press > Press Phase > Press bar overhead without going behind head or pressing excessively forward
	Movement	Hang Clean & Press > Press Phase > Utilize hips to drive barbell overhead
	Movement	Hang Clean & Press > Press Phase > Straighten legs as bar presses up, keeping knees soft at top of movement

BACK & LEGS

COMPETENCY		EVALUATION CRITERIA
REVERSE HANG CLEAN	Grip	Grip bar just outside shoulders at chest height
	Target	Reverse Clean Phase > Keep shoulders over bar while flexing hips
	Target	Reverse Clean Phase > Bend knees 15 to 30 degrees
	Target	Reverse Clean Phase > Lower bar toward mid-thigh, no lower
	Target	Reverse Clean Phase > Keep knees behind toes
	Target	Catch Phase > Bend knees 15 to 30 degrees
	Target	Catch Phase > Keep knees behind toes
	Target	Catch Phase > Keep knees tracking toward center of foot or wider
	Movement	Reverse Clean Phase > Flex at hips and knees, keeping bar close to thighs and arms straight
	Movement	Clean Phase > Extend hips and shrug shoulders upward, keeping bar close to body
	Movement	Clean Phase > Keep elbows wide and above bar as bar moves toward chest
	Movement	Clean Phase > Keep bar close to body, avoiding a Reverse Bicep Curl
	Movement	Catch Phase > Flip elbows underneath bar, flexing hips and knees
	Movement	Return to loaded position with 15- to 30-degree bend in knees before initiating next movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
CROUCH	Stance	Maintain SET position
	Stance	Keep knees soft
	Stance	Keep back heel elevated
	Stance	Keep hips and shoulders in neutral position
	Stance	Keep pelvis square
	Stance	Keep feet hip width apart
	Stance	Set up short stride
	Target	Maintain 90-degree knee flexion at bottom of movement
	Target	Keep front knee tracking toward center to outside of foot
	Target	Increase range of motion to avoid top-half crouch
	Movement	Maintain neutral spine throughout entire range of motion
	Movement	Flex at hips
	Movement	Lower back knee toward floor, keeping majority of weight in front leg
	Movement	Return to initial position keeping front knee soft, no locking
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

COMPETENCY		EVALUATION CRITERIA
TRICEP PRESS	Grip	Grip bar shoulder width apart
	Grip	Maintain neutral wrist alignment, avoiding excessive extension
	Grip	Maintain full grip on barbell
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep knees higher than hips
	Stance	Keep feet uncrossed
	Stance	Keep head supported on step
	Stance	Keep neck and spine aligned
	Target	Maintain 90-degree elbow flexion at bottom of movement with elbows above top of step
	Target	Keep wrists over elbows at bottom of movement
	Target	Keep bar over shoulders at top of movement
	Movement	Lower bar toward upper abdomen and press straight up over shoulders
	Movement	Keep elbows soft at top of movement
	Movement	Keep elbows facing feet
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
TRICEP EXTENSION	Grip	Grip bar shoulder width apart
	Grip	Maintain neutral wrist alignment, avoiding excessive extension
	Grip	Maintain full grip on barbell
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep knees higher than hips
	Stance	Keep feet uncrossed
	Stance	Keep head supported on step
	Stance	Keep neck and spine aligned
	Target	Maintain 90-degree elbow flexion at bottom of movement
	Target	Keep elbows over shoulders at bottom of movement, avoiding elbow flare
	Target	Keep wrists over elbows at top of movement
	Target	Lower bar toward hairline
	Movement	Lower bar toward hairline and extend elbows to initial position
	Movement	Keep elbows soft at top of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
TRICEP PULLOVER	Grip	Grip bar shoulder width apart
	Grip	Maintain neutral wrist alignment, avoiding excessive extension
	Grip	Maintain full grip on barbell
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep knees higher than hips
	Stance	Keep feet uncrossed
	Stance	Keep head supported on step
	Stance	Keep neck and spine aligned
	Target	Maintain 90-degree elbow flexion at bottom of movement with elbows above top of step
	Target	Keep elbows slightly in front of face with 90 degrees of elbow flexion at top of movement
	Movement	Maintain 90 degrees of elbow flexion throughout entire range of movement
	Movement	Move bar toward crown of head and return bar to initial position toward upper abdomen
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

COMPETENCY		EVALUATION CRITERIA
TRICEP OVERHEAD EXTENSION	Grip	Grip plate/s with hands facing each other
	Grip	Maintain neutral wrist alignment
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Target	Keep elbows slightly in front of body
	Target	Maintain 90-degree elbow flexion at bottom of movement
	Target	Keep plate/s slightly in front of body at top of movement
	Movement	Lower and lift plate/s, avoiding elbow flare
	Movement	Keep elbows soft at top of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Grip	Standing Tricep Overhead Extension w/bar > Grip bar with hands slightly narrower than shoulder width
	Grip	Standing Overhead Extension w/bar > Maintain full grip on barbell
	Movement	Standing Overhead Extension w/bar > Lower bar back towards crown of head with slight elbow flare
TRICEP KICKBACK	Grip	Keep wrists in neutral position
	Grip	Grip plate with hands facing each other
	Stance	Maintain SET position
	Stance	Keep neck and spine aligned
	Stance	Lean body forward 45 degrees from vertical position by flexing from hips
	Stance	Keep shoulders back and down, avoid rounding upper back
	Stance	Keep shoulders fixed
	Target	Maintain 90-degree elbow flexion at bottom of movement, stopping plates at hips
	Target	Keep wrists directly below elbows at bottom of movement
	Movement	Lift and lower plate/s, avoiding elbow flare
	Movement	Extend elbow/s
	Movement	Keep elbows soft at top of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
TRICEP DIP	Grip	Keep hands shoulder width apart
	Grip	Avoid excessive wrist extension
	Stance	Maintain SET position
	Stance	Keep knees higher than hips
	Stance	Keep hips close to step
	Stance	Keep shoulders back and down, away from ears
	Stance	Keep neck and spine aligned
	Target	Maintain 45-degree shoulder extension at bottom of movement
	Movement	Flex elbows to lower body toward floor and extend elbows to return to initial position
	Movement	Keep elbows soft at top of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
TRICEP PUSH UP	Grip	Keep hands shoulder width apart, unless otherwise programmed
	Grip	Keep shoulders over wrists
	Stance	Maintain SET position
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Stance	Keep neck and spine aligned
	Target	Maintain 90-degree elbow flexion at bottom of movement
	Target	Increase range of motion to avoid top-half push up
	Movement	Lower body to 90-degree elbow flexion while keeping elbows close to body, avoiding elbow flare
	Movement	Extend elbows and return to initial position with soft elbows
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

COMPETENCY		EVALUATION CRITERIA
BICEP CURL	Grip	Maintain neutral wrist alignment
	Grip	Grip bar slightly wider than shoulder width
	Grip	Maintain full grip on barbell
	Stance	Maintain SET position
	Stance	Vary stance, unless otherwise programmed
	Target	Keep elbows under shoulders at top of movement
	Target	Stop bar at shoulder height at top of movement
	Movement	Lift bar toward shoulder level while keeping elbows below shoulders and not forward
	Movement	Lower bar to thighs while fully extending arms at bottom of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Grip	Narrow Grip > Grip bar with hands in front of body, rolling shoulders slightly forward with elbows tucked into body
	Grip	Wide Grip > Grip bar wider so that arms are angled outward and elbows are away from body
	Target	Extended Bicep Curl > Move bar to forehead height with elbows no higher than shoulders
BENT OVER BICEP ROW	Grip	Maintain neutral wrist alignment, avoiding excessive flexion
	Grip	Grip bar slightly wider than shoulder width
	Stance	Maintain SET position
	Target	Lower bar to kneecap at bottom of movement
	Target	Lift bar to chest (reducing distance between bicep and forearm) while pulling forearms to biceps
	Movement	Maintain neutral spine, flex hips, and slide bar down toward knees
	Movement	Soften knee bend up to 20 degrees as bar moves down
	Movement	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Movement	Pull bar straight up toward chest, flexing at elbow joint and reducing distance between bicep and forearm
	Movement	Return to SET position, avoiding hip flexion
	Movement	Return to SET position, avoiding excessive pelvic tuck
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
DRAG CURL	Grip	Maintain neutral wrist alignment, avoiding excessive extension
	Grip	Grip bar slightly wider than shoulder width
	Grip	Maintain full grip on barbell
	Stance	Maintain SET position
	Stance	Vary stance, unless otherwise programmed
	Target	Lift bar toward lower part of chest and lower bar toward thighs
	Movement	Lift bar by moving elbows back, keeping bar close to body
	Movement	Lower bar to thighs while fully extending arms, keeping bar close to body
	Movement	Keep shoulders down when lifting bar
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Target	Extended Drag Curl > Move bar to shoulder level while keeping elbows below shoulders and not forward

MORE LEGS: NOTE ADD WOODCHOP



COMPETENCY		EVALUATION CRITERIA
LUNGE		See Criteria in Legs
SQUAT		See Criteria in Legs
SHORT-STRIDE LUNGE		See Criteria in Legs
DEADSQUAT		See Criteria in Back & Legs
CROUCH		See Criteria in Back & Legs
S-LEG ROMANIAN DEADLIFT	Stance	Maintain SET position
	Stance	Maintain neutral spine
	Stance	Keep pelvis mostly square, keeping toes of back foot mostly facing floor
	Target	Flex forward from hips no more than 90 degrees
	Target	Return to SET position
	Movement	Keep back straight, flex hips, and lower bar or plate/s toward knee
	Movement	Keep knee of supporting leg slightly bent
	Movement	Keep neck and spine aligned, avoiding excessive cervical flexion or extension
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
LATERAL LUNGE	Stance	Maintain SET position
	Stance	Align toes correctly per video
	Target	Maintain 90-degree knee flexion at bottom of movement
	Target	Keep knees tracking toward center to outside of foot
	Movement	Maintain neutral spine
	Movement	Lunge to side
	Movement	Keep trail leg straight
	Movement	Keep whole foot on floor at end range of lunge position (both feet)
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
HIP ABDUCTION	Stance	Maintain SET position
	Target	Keep leg parallel to body in frontal plane
	Movement	Maintain vertical torso alignment while lifting leg (avoid leaning to side)
	Movement	Lift leg outward to side (abduct hip)
	Movement	Lead with heel, keeping toes pointed forward and down
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

SHOULDERS



	COMPETENCY	EVALUATION CRITERIA
UPRIGHT ROW	Grip	Grip bar just outside thighs
	Grip	Maintain neutral wrist alignment
	Stance	Maintain SET position
	Target	Stop elbows at shoulder level at top of movement
	Target	Keep elbows above bar at top of movement
	Movement	Lift bar by pulling elbows straight up to shoulder level and lower to SET position (thighs)
	Movement	Keep bar close to body
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Upright Row w/drive legs > Flex at hips and knees, keeping bar close to thighs and arms straight
HIGH PULL	Grip	Grip bar outside shoulder width, unless otherwise programmed
	Grip	Maintain neutral wrist alignment
	Stance	Maintain SET position
	Target	Keep elbows slightly above bar at top of movement
	Movement	Slightly bend knees and hips to lower bar to mid thigh
	Movement	Explosively extend hips, knees, and ankles while pulling bar up to chest level or slightly higher
	Movement	Drive hips forward while spreading elbows wide, driving elbows back rather than up
	Movement	Pull bar up until spine is long and chest is elevated
	Movement	Lower bar with control and a long spine, avoiding excessive hip and torso flexion (curving forward)
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
OVERHEAD PRESS	Grip	Grip bar just outside shoulders
	Grip	Maintain full grip on barbell
	Grip	Maintain neutral wrist alignment avoiding excessive extension
	Grip	Keep elbows mostly under wrists
	Stance	Maintain SET position
	Target	Stop bar between chin and shoulders at bottom of movement
	Target	Keep elbows forward of torso at bottom of movement
	Movement	Press bar overhead without going behind head and avoid pressing excessively forward
	Movement	Keep heels grounded throughout movement
	Movement	Keep elbows soft at top of movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Overhead Press w/drive legs > Flex and extend hips and knees, keeping knees behind toes
REVERSE HANG CLEAN		See Criteria in Back & Legs
LATERAL RAISE	Grip	Maintain neutral wrist alignment
	Grip	Grip plates with palms facing each other
	Stance	Maintain SET position
	Target	Keep elbows even with or slightly in front of body
	Target	Stop hands and elbows at shoulder height and wrists even with or slightly lower than elbows
	Movement	Abduct shoulders with palms facing floor and return to initial position
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Lateral Raise T > Extend elbows, keeping arms to side or slightly in front of torso

SHOULDERS

COMPETENCY		EVALUATION CRITERIA
FRONT RAISE	Grip	Maintain neutral wrist alignment
	Grip	Grip plate with palms facing each other (1 plate)
	Grip	Grip plates with palms facing up (2 plates)
	Grip	Grip plates with palms facing down (2 plates)
	Grip	Grip plates with palms facing each other, neutral grip (2 plates)
	Stance	Maintain SET position
	Target	Stop plates at shoulder level
	Movement	Lift plate/s forward and return to initial position (thighs)
	Movement	Keep elbows soft
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Front Raise T > Open arms to side or slightly in front of torso
SPLIT RAISE	Grip	Maintain neutral wrist alignment
	Grip	Grip plates with palms facing down
	Grip	Grip plates with palms facing each other, neutral grip
	Stance	Maintain SET position
	Target	Keep elbows even with or slightly in front of body
	Target	Stop plates at shoulder level
	Target	Stop hands and elbows at shoulder height and wrists even with or slightly lower than elbows
	Movement	Lift one arm forward while abducting the other shoulder and return to initial position
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Split Raise Rotation > Lift plates (one front and one side), maintain shoulder level, and rotate arms only, unless otherwise programmed, while keeping arms same distance apart
REAR DELT & REAR DELT VARIATIONS	Grip	Maintain neutral wrist alignment
	Grip	Grip plates with palms facing back
	Stance	Maintain SET position
	Stance	Keep neck and spine aligned
	Stance	Lean body forward 45 degrees from vertical position by flexing from hips
	Stance	Keep shoulders back and down, avoid rounding upper back
	Target	Stop elbows at shoulder level
	Movement	Lift elbows toward ceiling and return to initial position
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Rear Delt T > Extend elbows, keeping arms to side or slightly below shoulders
	Grip	Rear Delt Row w/wide grip > Grip bar wide
	Target	Rear Delt Row w/wide grip > Lower bar to kneecap at bottom of movement
	Movement	Rear Delt Row w/wide grip > Maintain neutral spine, flex hips, and slide bar down thighs toward knees
	Movement	Rear Delt Row w/wide grip > Pull bar toward mid chest with elbows toward ceiling and return to initial position

SHOULDERS



COMPETENCY		EVALUATION CRITERIA
SHOULDER EXTENSION	Grip	Maintain neutral wrist alignment
	Grip	Grip plates with palms facing back
	Stance	Maintain SET position
	Stance	Keep neck and spine aligned
	Stance	Lean body forward 45 degrees from vertical position by flexing from hips
	Stance	Keep shoulders back and down, avoid rounding upper back
	Target	Keep plates behind body
	Movement	Keep upper body fixed while extending shoulders backward
	Movement	Keep elbows soft
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
REVERSE FLY		See Criteria in Back & Legs
PLATE CIRCLE	Grip	Maintain neutral wrist alignment
	Grip	Grip plate with palms facing each other
	Stance	Maintain SET position per video
	Target	Keep plate slightly in front of body
	Movement	Circle plate from one side to other, keeping plate in front of body with surface of plate facing front
	Movement	Keep elbows soft
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
PLATE THRUST	Stance	Maintain SET position per video
	Movement	Avoid rotating torso, unless programmed with rotation
	Movement	Initiate movement from hips, knees, and ankles
	Movement	Keep one hand stacked on top of other as plate moves in frontal plane
	Movement	Rotate trunk from waistline as one unit
	Movement	Avoid excessive forward flexion
	Movement	Drive from hips, avoiding excessive use of shoulders
	Movement	Utilize hips to catch plate unless programmed otherwise
	Movement	Keep arms straight
	Movement	Thrust plate in frontal plane per video
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
WINDMILL	Stance	Stand with feet slightly wider than shoulder width with plate above shoulder
	Stance	Maintain long spine and straight legs
	Target	Keep chest rotated toward ceiling, avoid rotating chest toward floor
	Target	Keep eyes on plate overhead
	Target	Keep arm with plate fully extended, no bend in elbow
	Movement	Hinge at hips, sliding free hand down thigh
	Movement	Keep plate stacked over shoulder throughout movement
	Movement	Return to SET position, sliding free hand up leg
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed

COMPETENCY		EVALUATION CRITERIA
CURL	Stance	Maintain SET position
	Stance	Maintain supine position with knees flexed and head supported (feet on floor)
	Stance	Maintain supine position with knees over hips and head supported (feet up)
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Movement	Lift upper back off floor or step, sliding ribs toward hips
	Movement	Avoid flexing neck and pulling head
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
	Movement	Reverse Curl > Lift low back off floor or step, flexing hips by bringing knees toward chest
OBLIQUE CURL	Stance	Maintain SET position
	Stance	Maintain supine position with knees flexed and head supported (feet on floor)
	Stance	Maintain supine position with knees over hips and head supported (feet up)
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Movement	Lift and rotate upper back off floor or step, sliding ribs toward opposite hip
	Movement	Avoid flexing neck and pulling head
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
BICYCLE	Stance	Maintain SET position
	Stance	Maintain supine position with knee over hip and head supported (feet up)
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Movement	Lift and rotate upper back off floor, sliding ribs toward opposite hip while extending leg
	Movement	Avoid flexing neck and pulling head
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
HIP LIFT	Stance	Maintain SET position
	Stance	Maintain supine position with knees or feet over hips and head supported (feet up)
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Movement	Lift hips off floor or step
	Movement	Extend hips while pushing knees or feet toward ceiling
	Movement	Avoid flexing neck and pulling head
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
BRIDGE	Grip	Place bar on or just below crease of hips, holding with both hands
	Stance	Maintain SET position
	Movement	Keep whole foot on floor throughout entire range of motion
	Movement	Extend hips while pushing to ceiling, avoiding excessive back extension
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
HOVER	Stance	Maintain SET position
	Stance	Maintain prone position with forearms on floor and shoulders stacked above elbows
	Stance	Keep neck and spine aligned
	Stance	Maintain natural curve in low back
	Target	Keep body parallel to floor
	Movement	Lift hips off floor while maintaining SET position in torso and neck
	Stance	Side Hover > Position forearm on floor with shoulder stacked above elbow
	Stance	Side Hover > Keep hips neutral, avoiding rotation

COMPETENCY		EVALUATION CRITERIA
MOSSA GET-UP	Grip	Hold plate over back shoulder
	Stance	Maintain SET Position
	Stance	Maintain supine position with knees flexed and head supported (feet on floor)
	Target	Keep plate above back shoulder with elbow extended
	Movement	Sit up and cross back foot over front knee with front hand on floor, keeping plate above shoulder
	Movement	Place front knee on floor and stand up
	Movement	Return to supine position while keeping plate above shoulder
PLANK & PLANK VARIATIONS	Grip	Keep hands shoulder width apart, unless otherwise programmed
	Grip	Keep shoulders over wrists
	Stance	Maintain SET position
	Stance	Keep neck and spine aligned
	Stance	Maintain natural curve in low back
	Target	Keep body parallel to floor
	Movement	Lift hips off floor while maintaining SET position in torso and neck
	Stance	Side Plank > Position hand on floor with shoulder stacked above wrist
	Stance	Side Plank > Keep hips neutral, avoiding rotation
	Grip	Walking Plank > Keep shoulders over elbows at bottom of movement
	Movement	Walking Plank > Lower forearm to floor or step while keeping hips neutral, avoiding rotation
LEG EXTENSION	Stance	Maintain SET position
	Stance	Maintain supine position with knees flexed above hips and head supported
	Stance	Maintain natural curve in low back
	Stance	Keep feet uncrossed
	Target	Keep knees over hips at start of movement
	Movement	Extend hip and knee simultaneously and return to initial position
	Movement	Keep knees soft in extended position
	Movement	Avoid excessive extension in lower back throughout movement
	Movement	Avoid bouncy, sticky, or staggering movement unless programmed
BACK EXTENSION	Grip	Refer to video for correct grip
	Stance	Refer to video for correct stance
	Movement	Extend spine by lifting chest away from step or floor
	Movement	Maintain neutral head and neck alignment

EVALUATION CRITERIA

ACCURATE STRETCHES

Stretch/sequence not performed accurately; please refer to video
T-Spine stretch not performed correctly
Anterior Chain stretch not performed correctly
Medial Chain stretch not performed correctly
Posterior Chain stretch not performed correctly
Anterior Hip stretch not performed correctly
C-Spine stretch not performed correctly
Internal/External Hip stretch not performed correctly
Hamstrings stretch not performed accurately
Quadriceps stretch not performed accurately
Gastroc/Soleus stretch not performed accurately
Hip Flexors stretch not performed accurately
Adductors stretch not performed accurately
Abductors stretch not performed accurately
Gluteus stretch not performed accurately
Low Back stretch not performed accurately
Rhomboids stretch not performed accurately
Pectoralis Major stretch not performed accurately
Anterior Deltoids stretch not performed accurately
Deltoids stretch not performed accurately
Latissimus Dorsi stretch not performed accurately
Lateral Hip stretch not performed accurately
Triceps stretch not performed accurately
Biceps stretch not performed accurately
Upper Trapezius stretch not performed accurately
Spinal Flexors stretch not performed accurately
Spinal Rotators stretch not performed accurately