



BREAKTHROUGH
SPORTS PERFORMANCE
STRONG. PURE. INTELLIGENT.

ATHLETE:

DOB:

POSITION:

Shoots:

Test date:



BASELINE TESTS ANTHROPOMETRIC				
TEST	RESULT	RESULT	RATING	NOTES
BLOOD PRESSURE				
RESTING HEART RATE				
HEIGHT	In			
	Cm			
WEIGHT	Lbs			
	Kg			
WAIST CIRCUMFERENCE	In			
	Cm			
WINGSPAN	In			
	Cm			
BMI				
HEALTH RATING				
NOTES:				

CSEP RATING SYSTEM: POOR, FAIR, GOOD, VERY GOOD, EXCELLENT

CSEP TESTS ARE ONLY TESTS RATED ON ABOVE SCALE, OTHER TESTS ARE BASELINE

NOT ALL TESTS ARE PERFORMED. DEPENDENT ON AGE AND SPORT.



BASELINE - CSEP									
TEST	SCORE			SCORE			RATING	EXPECTATION	
SIT AND REACH – (CM) (LOWER BODY FLEXIBILITY)								39+	
CARDIORESPIRATORY FITNESS (Vo2 max)	NA						-		
300 YARD SHUTTLE Anaerobic capacity							-	60 secs	
PUSH UPS (UPPER BODY STRENGTH AND ENDURANCE)								39+	
GRIP STRENGTH (FOREARM ISOMETRIC AND TOTAL BODY STRENGTH)	R			R				+108	
	L			L					
	Combined			Combined					
ONE LEG STANCE (LEG STRENGTH AND ENDURANCE) (seconds)	R	NA		R			NA	44.4 sec	
	L			L					
	R			R			NA		
	L			L					
BENT ARM HANG									
VERTICAL JUMP (inches) (LEG POWER AND EXPLOSIVENESS)	3 Attempts			3 Attempts				4644+	
	JUMPS			JUMPS					



BASELINE TEST – SPEED, AGILITY, QUICKNESS, STABILITY, BALANCE					
TEST	SCORE		SCORE	RATING	EXPECTATION
LATERAL CROSSOVER (FOOT SPEED AND COORDINATION)					30+
40 YARD SPRINT (secs) (ACCELERATION ABILITY)					
HEXAGON AGILITY DRILL (seconds)	R				
	L				
STANDING BROAD JUMP (LEG POWER AND EXPLOSIVENESS)					1.85m+
HILL SPRINT – 110 Ft.					
EXTREME BALANCE BOARD (count taps in 30 secs)					0 taps in 30 seconds



DYNAMIC MOBILITY, MUSCLE IMBALANCES	
TEST	NOTES
OH SQUAT	
SINGLE LEG SQUAT	

BASELINE TESTS - STRENGTH				
TEST	COUNT 1	COUNT 2	RATING	NOTES
SINGLE LEG SQUAT (12"-14" box for athlete with height of max 74") max 10 reps.				
PULL UPS				
CHIN UPS				
BENCH PRESS				
	1 RM =			
DEADLIFTS				
	1 RM =			
FRONT SQUAT				
	1 RM =			



CORE TESTING - BASELINE			
FOCUS	TEST	PASS	FAIL
ANTI-EXTENSION	Elbow plank – 20 secs		
	Elbow plank – 60 secs		
ANTI-ROTATION	Bird dog		
	Rotary stability		
SCAPULOTHORACIC	Thumbs up		
	Overhead arm drop		
LUMBO PELVIC HIP COMPLEX	Two-foot bridge		
	Unilateral bridge		