

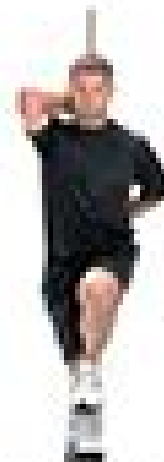
The Functional Movement Screen



1. Squatting



2. Stepping



3. Lunging



4. Reaching



5. Leg Raising



6. Push-up



7. Rotary Stability

Functional Movement System Manual

Balwant Godara, Konstantina S Nikita



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