

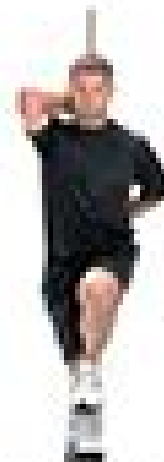
The Functional Movement Screen



1. Squatting



2. Stepping



3. Lunging



4. Reaching



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Functional Movement System Manual

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