SESSION 285

ASSESS + INDIVIDUALIZE TO THRIVE IN 2022

PRESENTED BY: BILLY POLSON + THE BUSINESS MOVEMENT™

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				7/2/22	/	/	/	/
BODY FAT	FULL BODY FAT MEAS	URE		32%				
	IMPEDANCE			455				
	FAT FREE MASS			123 LB				
	FAT MASS		59.2 LB					
	TOTAL BODY WAT		95 LB					
				7/2/22	/	/	/	/
BLOOD PRESSURE	BLOOD PRESSURE			120/80				
	RESTING HEART RATE (S	SEATED)		64 врм				
	7/2/22		/	/		/	/	
POSTURE NOTES -	RIGHT SHOULDE R HIKE, LEFT KNEE NOT STABLE AND LEFT HIP HIKE AT LOW, LORDOSIS, KNEES AT 100 AT LOW							
SHIRTLESS OVERHEAD SQUAT I	RIGHT FOOT EXTERNALLY ROTATED, RIGHT ARM INTERNALLY ROTATED WITH PALM FULLY PRONATED, LORDOSIS							

			7/2/22	/ /	/ /
	ABDOMEN		39"		
	(BELLY BUTTON)				
(0	HIPS		46.25"		
REMENTS	(LARGEST CIRUM. AT BUTT)				
ZEM	BICEPS	R	13"		
	(FLEXED AT PEAK)	L	12.5"		
MEAS	QUADS	R	24.5"		
NCE	(PATELLA & HIP HINGE POINT)	L	24.75"		
ERE	CALVES	R	15.5"		
Σ	(LARGEST CIRUM. FLEXED)	L	15.25"		
CIRCUMFERENC	SHOULDERS		44.75"		
	(CIRCUM. AT ARMPITS)				
	CHEST (ARM PIT)		40"		
	(NIPPLE LINE)		39"		
	WEIGHT		182 LB		
	HEIGHT		5′ 8"		
	AGE		47		

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		7/2/	22		/ /			/	/					7/2/22	/ /	/ /
1	l SQUAT	REDUCED R.O ADDUCTION	BB BACK SQUAT 135#: REDUCED R.O. M., LEFT KNEE ADDUCTION AT LOW, LEFT HEELS COME OFF FLOOR									HAMSTRINGS	R	85		
												70 - 90 DEGREES	L	90		
	BEND	BB RDL 95# HOLDING S RETRACTIO LORD	SHOULDER ON AT LOW,									THORACIC ROTATION	R	40		
	Ш	STATIC SPLIT S										>45 DEGREES	L	50		
	LUNGE	FRONT: L KNEWW ADDUCTION & HEEL RISES. R FT FRONT OK										ANKLE DORSIFLEXION	R	1" OFF		
	P UPS	ADDUCTION, LIMITED										(4" OFF WALL, TOUCH WALL)	L	PASS		
	STEP		ANCE							(IBI		ILIOPSOAS GROUP	R	0		
	PUSH	FLOOR PUSHUPS: R SCAPULA HIKE & WINGS, R ELBOW FLARE OUT, LORDOSIS, FULL R.									E L E X	THOMASTEST, FEMUR ANGLE <=0 DEGREES	L	10		
Z			P.M.									RECTUS FEMORIS	R	90		
- FO	PULL	WINGS & HIKE A	SEATED CABLE 0#/: R SCAPULA T FULL FLEXION, & RIB FLARE									THOMAS TEST, KNEE FLEXION = 90 DEGREES	Ĺ	100		
	_ IST											CHEST	R	E: 1" OFF H: 2" OFF		
	- IM	EVEN FOR B	SOTH SIDES									SUPINE FLOOR WITH FIELD GOAL ARMS (ELOWS, HANDS)	L	BOTH ON FLOOR		
_	_		7/2/2	2	•	/ /			/ /			LATS	R	THUMBS 2" OFF WALL		
ABDOMINALS ——		PLANK W/ DOWEL	30 SEC: CANNO LUMAR SPI									WALL LEAN, STRAIGHT	1	THUMBS		
	F	SIDE PLANK (R)	30 SEC: CANT HOL SHOULDER RETR									ARM OVERHEAD EXTENSION	L	ON WALL		
	P	SIDE PLANK (L)	30 SEC: O	K							O ES					
		BIRD DOG DOWEL (R)	30 SEC: CANNOT HOLD LUMAR SPINE								Z +					
		BIRD DOG DOWEL (L)	30 SEC: CANNOT LUMAR SPI								S N O					
	A	UPPER BDOMINAL	LEFT FOOT RISI FLOOR, REDUCEI								ES					
	Þ	LOWER BENT KNEES ADOMINAL LEG: 4								(∂					