



Run through these screens during the client's first session. Mark each movement Pass, Limited, or Pain, and use the notes column to flag anything that should shape exercise selection.

Fundamental Movement Screen

Bodyweight squat	☐ Pass	☐ Limited	☐ Pain	depth, knee tracking
Overhead reach	☐ Pass	☐ Limited	☐ Pain	shoulder flexion, lumbar arch
Hip hinge	☐ Pass	☐ Limited	☐ Pain	spine position
Single-leg balance (5 sec)	☐ Pass	☐ Limited	☐ Pain	L / R
Ankle dorsiflexion (knee-to-wall)	☐ Pass	☐ Limited	☐ Pain	L / R distance
Push-up plank hold (20 sec)	☐ Pass	☐ Limited	☐ Pain	core control

Posture & Alignment Notes

Standing posture (anterior/posterior view)

Shoulder position (rounded / neutral / retracted)

Pelvic tilt (anterior / neutral / posterior)

Programming Implications

Based on the screen above, note any exercises to avoid, regress, or prioritize:



Cross-reference flagged limitations with the Coach Exercise Vault (folder 04), which lists regressions and equipment-based substitutions for every exercise.