Pre Employment Exercises

Take one minute rest between each exercise.
The entire program should take no more than 25 minutes to complete.

Use this sheet to record your results and progress towards the goal measures.
Refer to the video on the Summit website for more information on the correct way to do these exercises.

TOTAL PHYSIO PHYSIOTHERAPY

Summit REFORESTATION & forest management ltd.

Exercise			Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
1	Walking Lunge	Steps	40									
		Time	2 min									
2	Bar Roll Up	Reps	2									
		Time	1 min									
		Weight	40 lbs									
3	Prone Bridge	Time (L)	1.5 min									
		Time (R)	1.5 min									
4	Static Bend *(screening test only)*	Time	1 min									
5	Step Ups	Reps	40									
		Time	2 min									
		Weight	40 lbs									
6	Side Plank with Leg Lift	Time (L)	30 sec									
		Time (R)	30 sec									
7	One Leg Stand (eyes open)	Time (L)	30 sec									
		Time (R)	30 sec									
	One Leg Stand (eyes closed)	Time (L)	10 sec									
		Time (R)	10 sec									
8	Bar Hang	Time	1 min									
9	Jump Downs	Reps	12									
		Time	1 min									
10	Duck Walk *(screening test only)*	Distance	20 m									
		Time	1 min									
11	Arms Out Static Hold	Time	30 sec									
		Weight	8 lbs									