

# BAP! (BASIC ASSESSMENT POSITIONS)

DATE: \_\_\_\_\_

Assess your comfort level in each of the following positions. Rate it on a scale of 1 to 10. Then, choose two of the most difficult positions to work on. Perform the necessary flexibility exercises for those positions and recheck the positions weekly.

EXERCISE	DETAILS	RATE IT
Squat	Heels down, upper body line vertical.	
Crosslegged Sitting	Switch sides.	
Longsitting	Legs straight, toes up towards you.	
Supine Hip/Knee Flexion	Lying down on your back, bring one knee to your chest with the other leg straight.	
Hooklying Crossleg Hip Rotation	Pelvis stable and level. Low back without excessive curve.	
Shoulder Combined Motions	Touch the middle of your back with your hand both from above and below. Keep back flat. Sit crosslegged.	
Prone Backbending	Elbows bent or elbows straight.	
Neck Motions	Neck flexion, sidebending, extension, rotation.	