



## PERSONAL TRAINING ASSESSMENT

Everyone has muscle imbalances; whether they be a tight hamstring, weak abs, or a weak rotator cuff. Muscles never work alone, but they work together. Muscles pair up with one another and have an ideal strength and flexibility relative to one another. Our assessment process will identify your imbalances and allow us to design your personalized program to get you fitter, faster.

### WHY SHOULD I DO A PERSONAL TRAINING ASSESSMENT?

A personal training assessment is for you if you answer yes to any of the below:

- Do you have pain during or after you exercise?
- Do some of your exercises never improve?
- Do you want to decrease your risk for injury as you exercise?
- Do you have stubborn fat that won't go away, no matter how hard you try?
- Would you like to make the fastest progress?

If you said yes, we should assess.

### MUSCLE IMBALANCES

Imbalances may occur from sport, exercise, occupation, and even heredity. You may have developed pain in the shoulder from being a tennis player. Tennis players tend to develop too much shoulder rotation in one direction while losing shoulder rotation in the other (sport imbalance). This may lead to instability and the development of trigger points in the shoulder. You may have developed low back pain from doing too many sit ups that tighten up your hip flexors and increase your hip flexor strength relative to your abs (exercise imbalance). The pain in your low back may have been from a leg length discrepancy you were born with (hereditary imbalance).

### HPT PERSONAL TRAINING ASSESSMENT

Prior to personal training, an assessment is highly recommended. This process will identify your current state of fitness; identify muscle imbalances and potential points of injury.

Our assessment process may include, but may not be limited to the following assessments:

- **Anthropometrics:** We will measure your height, weight, and circumference.
- **Body Composition:** HPT goes beyond the industry standard of 3 site skinfolds, instead we measure 10-12 skinfolds. By doing so, not only are we able to accurately assess your bodyfat, but it allows us to get a hormonal snapshot of your body. For example, if you store excessive belly fat, your body is stressed, and your making too much cortisol. Although we can't take away your stress, we can help your body deal with stress better through individualizing your training, nutrition and supplementation, relative to how you store fat. This will allow us to deliver the fastest results for you. This process is called



biosignature modulation, and was developed by world renowned strength coach Charles Poliquin over a period of 20 years. Several universities have validated this method

- **Strength Assessment & Structural Balance Assessment:** We use a series of strength and movement based tests to identify the current state of strength and muscle imbalances of your upper body, lower body, and core.
- **Postural Assessment:** Posture is defined as how the head, spine, pelvis, and extremities line up relative to one another. With optimal posture, your body will look better, feel better, and perform better. Assessing your current state of posture allows us to create a program to optimize your posture.
- **Flexibility Assessment:** Having optimum flexibility allows you to move in a way to decrease injury as well as improves the efficiency of the body. Our flexibility assessment will encompass your whole body targeting the most common flexibility deficits such as: hip flexors, hip rotators, hamstrings, rotator cuff, and neck.