

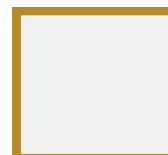
Station Guide



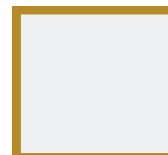
Athlete Name: _____



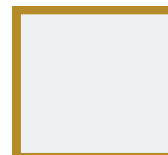
Check in and answer questions about my health



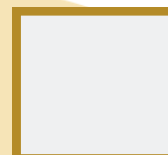
Measure flexibility in my back, legs, and arms



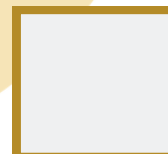
Test how strong my arms, legs, and abs are



See how well I can balance while standing and walking



Check how my heart responds to exercise



Review all my results



Learn new exercises to do at home

