

FUNCTIONAL MOVEMENT SCREENING TEST



**A powerful
paradigm
shift in
fitness
development**

**Train smarter, not harder
Improve your quality of movement**

Functional Movement Screen (FMS) was created as a means to evaluate an individual's mobility, movement patterning, core stability and neuromuscular coordination.

FMS contains seven basic tests that identify weaknesses and asymmetries that increase the chance of injury.

FMS has been shown to reduce both the risk factors for injuries and costs associated with injuries.

**PERFORM BETTER
TODAY!**

**TO SCHEDULE TESTING OR GET
MORE INFORMATION, STOP BY
THE FRONT DESK**

2 TESTING OPTIONS

- Testing & assessment only**
- Testing, assessment and foam rolling session**