

HURDLE STEP



3



Hips, knees and ankles remain aligned in the sagittal plane
Minimal to no movement is noted in lumbar spine | Dowel and hurdle remain parallel



2



Alignment is lost between hips, knees and ankles | Movement is noted in lumbar spine
Dowel and hurdle do not remain parallel



1



Contact between foot and hurdle occurs | Loss of balance is noted

The athlete receives a score of zero if pain is associated with any portion of this test.
A medical professional should perform a thorough evaluation of the painful area.

Gray Cook Manual Fms

Jin-Ying Zhang



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Reviewing **Gray Cook Manual Fms**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Gray Cook Manual Fms**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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