



# SELF-ASSESSMENT

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## About You...

Listen to your body. These movements are about finding out what is challenging, what is easier, what you can and can't do.

This isn't about doing a workout, it is about finding a starting point.

## Let Me Know

1. How was the movement?  
Hard? Easy?
2. Could you do phase 1? 2? 3?
3. Did it aggravate any of your pain?
4. Was the movement so challenging you couldn't even try it?

## How To!

Watch the videos. Find your space and start with phase 1 of the movement. If that is enough, stop there and write up a little info for me.

Repeat with each movement.

## The Movements

Balancing

Squats

Get Ups

Push Ups

Crawling

Little Bridge

You will need: a resistance band, milk jug, and fit ball