

Upper Body: First week

Assessment of Difficulty

Name: _____ Date: _____

After completing each exercise, determine the level of difficulty by placing a checkmark in the appropriate box.

Upper Body						
Exercises	Can't Do Like Picture 0	Very Hard 1	Hard 2	Somewhat Hard 3	Easy 4	Very Easy 5
1. "Yes/No" head movements						
2. Chin tucks						
3. Trunk rotation stretch						
4. Ear to shoulder stretch						
5. Elbow pull back						
6. Front arm raise						
7. Side arm raise						
8. Front arm stretch						
9. External rotation						
10. Doorframe stretch						