



Streamline & Bracing Endurance

Multi-athlete recording sheet

Date _____ Assessor _____ Location _____ Warm-up/version _____

FIELD / UNIT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6	ATHLETE 7	ATHLETE 8
Prone streamline seconds								
Prone stop code								
Plank/push-up variant								
Upper hold seconds								
Upper stop code								
Wall sit seconds								
Wall sit arm standard								
Wall sit stop code								
Age band								
Symptoms/notes								

RECORD THE EXACT PROTOCOL AND STOP REASON.
Compare like-for-like conditions. Do not convert this sheet into medical diagnosis, clearance or unsupported universal pass/fail standards.