

**TOOLS OF ASSESSMENT & TREATMENT  
CORE EXERCISES – SESSION REPORT #1**

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Teach a partner the Core Exercise sequence. Use the sequence in your manual and the form below to document the experience. Record your partner's feedback as well as your own observations of your partner and yourself, in the sections below.

**Pelvic Tilt:**

1. Describe how you positioned your client and what action(s) you instructed them to perform:

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2. When should the client inhale and exhale during the exercise?

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3. What correction(s) in the client's alignment did you need to make?

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4. Other comments, observations (your comfort giving instructions, any problems, discoveries, improvements, etc.):

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**Torso Curls:**

1. Describe how you positioned your client and what action(s) you instructed them to perform:

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2. When should the client inhale and exhale during the exercise?

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3. What correction(s) in the client's alignment did you need to make?

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4. Other comments, observations (your comfort giving instructions, any problems, discoveries, improvements, etc.):

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**Hip Extensions:**

1. Describe how you positioned your client and what action(s) you instructed them to perform:

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2. When should the client inhale and exhale during the exercise?

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3. What correction(s) in the client's alignment did you need to make?

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4. Other comments, observations (your comfort giving instructions, any problems, discoveries, improvements, etc.):

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**Upper Back Extensions:**

1. Describe how you positioned your client and what action(s) you instructed them to perform:

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2. When should the client inhale and exhale during the exercise?

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3. What correction(s) in the client's alignment did you need to make?

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4. Other comments, observations (your comfort giving instructions, any problems, discoveries, improvements, etc.):

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**Full Back Extensions:**

1. Describe how you positioned your client and what action(s) you instructed them to perform:

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2. When should the client inhale and exhale during the exercise?

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3. What correction(s) in the client's alignment did you need to make?

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4. Other comments, observations (your comfort giving instructions, any problems, discoveries, improvements, etc.):

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