

# KuhleBody Assessment Demo Library

Use these short videos to guide your form and positioning for each test.  
You can film yourself and compare.

TEST	FOCUS	WATCH DEMO
Plank (Core)	Straight line, no sagging hips	 <a href="#">Watch Video</a>
Push-Ups (Upper Body) Modified push-ups on knees	Body aligned, no lower back sag	 <a href="#">Watch Video</a>  <a href="#">Modification Video</a>
Wall Sit (Lower Body)	Knees at 90°, back flat	 <a href="#">Watch Video</a>
Thoracic Mobility (Upper Body)	Chest open, spine pressed into wall, shoulders back	 <a href="#">Watch Video</a>
Hamstring Flexibility	Opposite leg down, exhale as leg lifts	 <a href="#">Watch Video</a>
Shoulder Mobility	Hands reach behind back; one hand is on top and the other below.	 <a href="#">Watch Video</a>
Hip Mobility (Standing knee lift)	Tall spine. Avoid tucking pelvis or rounding upper body	 <a href="#">Watch Video</a>

Film yourself performing each test and compare your form.  
Small adjustments can make a big difference in your results.