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Liquilight Px Infused Active Wear Fabric Tests<br>First run Px Fabric Dye infusion processing prototype<br>Manufactured January 2014 (Lot 011814)<br>1:2 Ratio, Liquilight to water<br>Subjected to standard international shipping screening radiation

The Px infused Active Wear Fabric prototype is made of advanced sportswear materials with the addition of infused biophotonic bio-molecular energetic information. The Px Technology has been used in other carriers for commercial and personal use for over 15 years. It is $100 \%$ green, all-natural, hypoallergenic, contains no chemicals and will case no harm or ill side-effects.

## Objective:

The purpose of the testing is to determine if the new Px infused Active Wear Fabric prototypes will enhance balance, flexibility, endurance, coordination and mental focus simply by wearing it.

## Conclusion:

The PX infused Active Wear Fabric prototype increased measurements in 97\% of the tests conducted.
The recorded results leave no doubt at all, that the tech infused fabric delivers a positive enhancement in strength, balance, coordination, flexibility and mental focus.

## Test Subjects:

## Subject (1-KM)

Female, age 38, is physically fit, holds a martial arts Black Belt and works out regularly.
Subject (2-TA)
Female, age 25, is average in her state of physical fitness for her age and rarely exercises.

## Subject (3-MB)

Female, age18, is tall and average in her state of physically fitness for her age, is a gymnast trained on the balance beam, and rarely exercises.

## Subject (4-MB)

Male, age 50, is a little above average in his state of physically fitness and regularly (mostly) exercises. He sustained a back injury 9 years ago and it causes him pain and physical restrictions.

## Subject (5-SD)

Male, age 48, is tall and average in his state of physically fitness, is physically active but does not maintain regular exercise routines. He sustained a back injury in his youth which causes him physical restrictions.

## Subject (6-SB)

Male, age 24, is physically fit, is a martial artist, surfs often and maintains a regular exercise routine in a gym.

## Common (repeated) comments by test subjects:

"I don't want to take it off, can I take it home with me?"
"I can actually feel my body do better but I'm not putting in any extra effort."
"How soon will these be available? I know a bunch of people that are going to want it."
"I can't wait to try it out on the field/golf course."

## Test Preparation:

These non-invasive studies required the persons tested to walk in straight lines under pressure, conduct a series of simple stretches and rotations, hold resistance and maintain focused concentration.
A) Prior to testing each subject was "energy zeroed-out" by sitting in a 5'x6' insulated room and subjected high levels of EMF, Internet wi-fi, cellular and chemical vapors from common household cleaning products for 1 minute.
B) In order to add pressure and increase stress the subjects were tested in temperatures at 85 to 90 degrees Fahrenheit. Prior to each test the subject was informed that other previous testers (older and more out of shape than them) had made great time and achieved high accuracy points. They were also informed that the completed video recordings would be scrutinized by industry professionals and shown world-wide.
C) Each test was conducted four times; a Baseline Test 1, then with the Px Fabric Test 1, then another Baseline Test 2 and again with the Px Fabric Test 2. All the results were tabulated to show the difference between the Baseline Tests and the Px Fabric Tests. Then an average score and a max score was calculated.

## TESTS (1) Muscle Tests

(2) Flexibility, Hip and Neck Rotation
(3) Endurance
(4) Mobility and Coordination
(5) Functional Movement and Focus

## Test Sequence 1)

## Muscle Tests

Two primary tests were conducted that individually show the muscle's ability to maintain the body's balance and strength while standing in a static position when pressure is applied. Then a coordination test was conducted which is a combination of the balance and strength tests while in an active position. When in an active position, in this case a baseball stance, it requires the brain to maintain control of over 400 muscle commands simultaneously while holding its primary focus on one object, in this case the pitcher.

## Application:

1) Standing at attention, feet together arms to the side, creating an unstable stance. Testing balance.
2) Standing at ease, torso facing forward, arm back and slightly raised. Testing shoulder lock.
3) Holding an active stance, arm back and slightly raised. Testing shoulder lock to confirm strength, balance and coordination - simultaneously.

Subject (1) Female, 38
Results Measurements

|  |  | Baseline | Points | With Px |  | Points |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Balance Test | Weak | 0 | Very Strong | 4 |  |  |
| Strength Test | Medium Weak | 1 | Very Strong | 4 |  |  |
| Coordination Test | Weak | 0 | Very Strong | 2 |  |  |
|  |  |  |  |  |  |  |
| Totals |  | 1 |  | 12 |  |  |

Measurement Points: (0) Weak - (1) Medium Weak - (2) Low Strong - (3) Strong - (4) Very Strong Note: Points are subjective and agreed upon by both the tester and subject.

Subject (2) Female, 25
Results Measurements

|  | Baseline |  | Points | With Px |
| :--- | :---: | :---: | :---: | :---: |
| Balance Test | Weak | 0 | Very Strong | 4 |
| Strength Test | Weak | 0 | Very Strong | 4 |
| Coordination Test | Weak | 0 | Very Strong | 4 |
|  |  |  |  | $\mathbf{1 2}$ |
| Totals | $\mathbf{0}$ |  |  |  |

Measurement Points: (0) Weak - (1) Medium Weak - (2) Low Strong - (3) Strong - (4) Very Strong Note: Points are subjective and agreed upon by both the tester and subject.

Subject (3) Female, 18
Results Measurements

| Baseline |  |  |  |  |  | Points | With Px | Points |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Balance Test | Weak | 0 | Very Strong | 4 |  |  |  |  |
| Strength Test | Weak | 0 | Very Strong | 4 |  |  |  |  |
| Coordination Test | Weak | 0 | Strong | 3 |  |  |  |  |
|  |  |  |  | $\mathbf{1 1}$ |  |  |  |  |
| Totals | $\mathbf{0}$ |  |  |  |  |  |  |  |

Measurement Points: (0) Weak - (1) Medium Weak - (2) Low Strong - (3) Strong - (4) Very Strong Note: Points are subjective and agreed upon by both the tester and subject.

Subject (4) Male, 50
Results Measurements

|  | Baseline |  | Points | With Px |
| :--- | :---: | :---: | :---: | :---: |
| Balance Test | Weak | 0 | Very Strong | 4 |
| Strength Test | Medium Weak | 1 | Very Strong | 4 |
| Coordination Test | Medium Weak | 1 | Very Strong | 4 |
|  |  |  |  | $\mathbf{1 2}$ |
| Totals |  | $\mathbf{2}$ |  |  |

Measurement Points: (0) Weak - (1) Medium Weak - (2) Low Strong - (3) Strong - (4) Very Strong Note: Points are subjective and agreed upon by both the tester and subject.

Subject (5) Male, 48
Results Measurements

\left.| Baseline |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: |
| Balance Test | Weak | 0 | Woints | Very Strong |$\right] 4$

Measurement Points: (0) Weak - (1) Medium Weak - (2) Low Strong - (3) Strong - (4) Very Strong Note: Points are subjective and agreed upon by both the tester and subject.

Subject (6) Male, 24
Results Measurements

| Baseline |  | Points | With Px |  |
| :--- | :---: | :---: | :---: | :---: |
| Balance Test | Medium Weak | 1 | Very Strong | 4 |
| Strength Test | Strong | 3 | Very Strong | 4 |
| Coordination Test | Low Strong | 2 | Very Strong | 4 |
|  |  | $\mathbf{6}$ |  | $\mathbf{1 2}$ |
| Totals |  |  |  |  |

Measurement Points: (0) Weak - (1) Medium Weak - (2) Low Strong - (3) Strong - (4) Very Strong Note: Points are subjective and agreed upon by both the tester and subject.

## Test Sequence 2)

## Flexibility, Hip and Neck Rotation

Studies have shown that the Px Tech can release energy blockages in the body thereby allowing the muscle to contract and expand without energetic restrictions. As such there should be an increase in flexibility and range-of-motion.

Application:

1) Standing erect, shoulder blades, buttocks and heels against wall, one arm down at side, one arm out and above head while bending at the waist.
2) Standing erect, arms locked onto measuring staff, rotate at the waist.
3) Rotate head, full motion left and right.

Subject (1) Female, 38
Results Measurements

|  | Baseline 1 | With Px 1 | Baseline 2 | With Px 2 |
| :---: | :---: | :---: | :---: | :---: |
| Flexibility | $7{ }^{7}$ | [Gained] 1.75" | [Gained] .5" | [Gained] $3.25 "$ |
| Hip Rotation | $114^{\circ}$ | $\begin{gathered} \text { [Gained] } \\ 34^{\circ} \end{gathered}$ | [Gained] $3^{0}$ | [Gained] $14^{\circ}$ |
| Neck Rotation | $\begin{aligned} & \mathrm{L} 87^{\circ} \\ & \text { R86 } \end{aligned}$ | $\begin{gathered} \hline \text { [Gained] } \\ \mathrm{L} 1^{\circ} \\ \text { [Gained] } \\ \mathrm{R} 2^{\circ} \end{gathered}$ | $\begin{gathered} \text { [Even] } \\ \text { L } 0^{\circ} \\ \text { [Decrease] } \\ R-2^{\circ} \end{gathered}$ | [Gained] $L 2^{\circ}$ <br> [Gained] R $4^{\circ}$ |

All increases or decreases are measured from the Baseline 1 recording.

Subject (2) Female, 25
Results Measurements

|  | Baseline 1 | With Px 1 | Baseline 2 | With Px 2 |
| :---: | :---: | :---: | :---: | :---: |
| Flexibility | 9.75" | $\begin{gathered} \text { [Gained] } \\ 1.25^{\prime \prime} \end{gathered}$ | [Even] 0" | [Gained] 1" |
| Hip Rotation | $108^{\circ}$ | [Even] $0^{\circ}$ | [Gained] $7^{0}$ | $\begin{gathered} \text { [Gained] } \\ 19^{\circ} \end{gathered}$ |
| Neck Rotation | $\begin{aligned} & \mathrm{L} 93^{\circ} \\ & \mathrm{R} 84^{\circ} \end{aligned}$ | [Gained] L1 ${ }^{\circ}$ [Gained] R12 ${ }^{\circ}$ | [Gained] $\mathrm{L1}^{\circ}$ <br> [Gained] $R 4^{\circ}$ | $\begin{gathered} \text { [Gained] } \\ \text { L12 } \\ \text { [Gained] } \\ \text { R12 }^{\circ} \end{gathered}$ |

All increases or decreases are measured from the Baseline 1 recording.

Subject (3) Female, 18
Results Measurements

|  | Baseline 1 | With Px 1 | Baseline 2 | With Px 2 |
| :---: | :---: | :---: | :---: | :---: |
| Flexibility | 10.5" | $\begin{gathered} \text { [Gained] } \\ 1.75^{\prime \prime} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ 1.25^{\prime \prime} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ 2.25^{\prime \prime} \end{gathered}$ |
| Hip Rotation | $124^{\circ}$ | $\begin{gathered} \text { [Gained] } \\ 12^{\circ} \end{gathered}$ | [Gained] $6^{\circ}$ | $\begin{gathered} \text { [Gained] } \\ 17^{\circ} \end{gathered}$ |
| Neck Rotation | $\begin{aligned} & \mathrm{L}^{2} 5^{\circ} \\ & \text { R88 } \end{aligned}$ | $\begin{gathered} \text { [Gained] } \\ \text { L7 }^{\circ} \\ \text { [Gained] } \\ \text { R1 }{ }^{\circ} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ \text { L1 }^{\circ} \\ \text { [Gained] } \\ \mathrm{R}^{\circ} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ \text { L10 } \\ \text { [Gained] } \\ \text { R23 } 3^{\circ} \end{gathered}$ |

All increases or decreases are measured from the Baseline 1 recording.

Subject (4) Male, 50
Results Measurements

|  | Baseline 1 | With Px 1 | Baseline 2 | With Px 2 |
| :--- | :---: | :---: | :---: | :---: |
| Flexibility | $9 "$ | [Gained] <br> $2^{\prime \prime}$ | [Even] <br> $0 "$ | [Gained] |
|  |  | $1.75^{\prime \prime}$ |  |  |
| Hip Rotation | $124^{\circ}$ | [Gained] | [Decreased] | [Gained] |
|  |  | $14^{\circ}$ | $-4^{\circ}$ | $14^{\circ}$ |
| Neck Rotation | $\mathrm{L} 82^{\circ}$ | [Gained] | [Decreased] | [Gained] |
|  | $\mathrm{R} 80^{\circ}$ | $\mathrm{L} 1^{\circ}$ | $\mathrm{L}-2^{\circ}$ | $\mathrm{L2}{ }^{\circ}$ |
|  |  | [Gained] | [Decreased] | [Gained] |
|  |  | $\mathrm{R} 4^{\circ}$ | $\mathrm{R}-1^{\circ}$ | $\mathrm{R}^{\circ}$ |

All increases or decreases are measured from the Baseline 1 recording.
Subject (5) Male, 48
Results Measurements

|  | Baseline 1 | With Px 1 | Baseline 2 | With Px 2 |
| :--- | :---: | :---: | :---: | :---: |
| Flexibility | $6.25^{\prime \prime}$ | [Gained] <br> [" | [Gained] <br> $.75^{\prime \prime}$ | [Gained] <br> $1.5^{\prime \prime}$ |
| Hip Rotation | $80^{\circ}$ | [Even] | [Decreased] | [Gained] |
|  |  | $0^{\circ}$ | $-1^{\circ}$ | $4^{\circ}$ |
| Neck Rotation | $\mathrm{L} 65^{\circ}$ | [Decreased] | [Decreased] | [Gained] |
|  | $\mathrm{R} 70^{\circ}$ | $\mathrm{L}-3^{\circ}$ | $\mathrm{L}^{\circ}$ |  |
| [Decreased] | [Decreased] | [Decreased] |  |  |
|  |  | $\mathrm{R}-5^{\circ}$ | $\mathrm{R}-6^{\circ}$ | $\mathrm{R}-5^{\circ}$ |

All increases or decreases are measured from the Baseline 1 recording.

Subject (6) Male, 24
Results Measurements

|  | Baseline 1 | With Px 1 | Baseline 2 | With Px 2 |
| :---: | :---: | :---: | :---: | :---: |
| Flexibility | 11.75" | [Gained] .5" | [Gained] .25" | $\begin{gathered} \text { [Gained] } \\ 1.25^{\prime \prime} \end{gathered}$ |
| Hip Rotation | $171{ }^{\circ}$ | $\begin{gathered} \hline \text { [Gained] } \\ 11^{\circ} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ 8^{\circ} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ 24^{\circ} \end{gathered}$ |
| Neck Rotation | $\begin{aligned} & \mathrm{L} 89^{\circ} \\ & \mathrm{R} 93^{\circ} \end{aligned}$ | $\begin{gathered} \text { [Gained] } \\ \text { L1 }^{\circ} \\ \text { [Gained] } \\ \text { R13 }^{\circ} \end{gathered}$ | $\begin{gathered} \text { [Gained] } \\ L 2^{\circ} \\ \text { [Gained] } \\ R 6^{\circ} \end{gathered}$ | $\begin{gathered} \hline \text { [Gained] } \\ \mathrm{L} 2^{\circ} \\ \text { [Gained] } \\ \mathrm{R9}^{\circ} \end{gathered}$ |

All increases or decreases are measured from the Baseline 1 recording.

## Test Sequence 3)

## Endurance

Studies have shown that the Px Tech improves blood flow thereby increasing oxygen to the muscles allowing the muscle to contract and expand with less fatigue. As such there should be an increase in stamina and endurance.

## Application:

1) Standing erect, arms held out forward, holding a grip with both hands, rotate at hip, hold horizontal resistance

Subject (1) Female, 38
Results Measurements

|  | Baseline 1 | With Px 1 | Result |
| :--- | :---: | :---: | :---: |
| Endurance (timed) | $00: 06: 2$ | $00: 09: 8$ | [Increase] 0:03:6 |

The With Px test was conducted 30 minutes after the Baseline test. Timing started when subject assumed the total weight tension and ended when tension was released. The markers are for visual reference only.

Subject (2) Female, 25
Results Measurements

|  | Baseline 1 | With Px 1 | Result |
| :--- | :---: | :---: | :---: |
| Endurance (timed) | $00: 10: 3$ | $00: 35: 8$ | [Increase] 00:25:5 |

The With Px test was conducted 30 minutes after the Baseline test. Timing started when subject assumed the total weight tension and ended when tension was released. The markers are for visual reference only.

Subject (3) Female, 18
Results Measurements

|  | Baseline 1 | With Px 1 | Result |
| :--- | :---: | :---: | :---: |
| Endurance (timed) | $00: 08: 2$ | $00: 19: 7$ | [Increase] 00:11:5 |

The With Px test was conducted 30 minutes after the Baseline test. Timing started when subject assumed the total weight tension and ended when tension was released. The markers are for visual reference only.

Subject (4) Male, 50
Results Measurements

|  | Baseline 1 | With Px 1 | Result |
| :--- | :---: | :---: | :---: |
| Endurance (timed) | $00: 09: 3$ | $00: 29: 7$ | [Increase] 00:20:4 |

The With Px test was conducted 30 minutes after the Baseline test. Timing started when subject assumed the total weight tension and ended when tension was released. The markers are for visual reference only.

Subject (5) Male, 48
Results Measurements

|  | Baseline 1 | With Px 1 | Result |
| :--- | :---: | :---: | :---: |
| Endurance (timed) | $00.14: 7$ | $00: 26: 6$ | [Increase] 00:11:9 |

The With Px test was conducted 30 minutes after the Baseline test. Timing started when subject assumed the total weight tension and ended when tension was released. The markers are for visual reference only.

Subject (6) Male, 24
Results Measurements

| Baseline 1 |  |  |  |
| :--- | :---: | :---: | :---: |
| Endurance (timed) | $00: 20: 8$ | With Px 1 | Result |
| [Increase] 00:26:3 | 05:5 |  |  |

The With Px test was conducted 30 minutes after the Baseline test. Timing started when subject assumed the total weight tension and ended when tension was released. The markers are for visual reference only.

## Test Sequence 4)

## Mobility and Coordination

Studies have shown that the Px Tech increases energy to the brain, balances the energy to the left and right hemispheres and calms the brain simultaneously. As such there should be a change in the body's ability to maintain balance, stability and concentration.

## Application:

1) Mobility, walking heel-to-toe, eyes forward, on a straight line, accuracy measured and timed

Subject (1) Female, 38
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mobility | $00: 08$ | $\mathrm{~L} 06 / 12$ | $00: 07$ | $\mathrm{~L} 11 / 12$ | $00: 09$ | $\mathrm{~L} 10 / 12$ | $00: 08$ | $\mathrm{~L} 10 / 12$ |
| Total |  |  | Faster by <br> $00: 01$ | Gained <br> +5 |  |  | Faster by <br> $00: 01$ | Even |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of 8/12).

Subject (2) Female, 25
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mobility | $00: 12$ | $\mathrm{~L} 13 / 13$ | $00: 11$ | $\mathrm{~L} 12 / 13$ | $00: 12$ | $\mathrm{~L} 10 / 13$ | $00: 10$ | $\mathrm{~L} 13 / 13$ |
| Total |  |  | Faster by <br> $00: 01$ | Lost <br> -1 |  |  | Faster by | Even |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ).

Subject (3) Female, 18
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mobility | $00: 10$ | $\mathrm{~L} 10 / 12$ | $00: 08$ | $\mathrm{~L} 10 / 12$ |  |  |  |  |
| Total |  |  | Faster by <br> $00: 02$ | Even |  |  |  |  |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of 8/12).

Subject (4) Male, 50
Results Measurements

|  | Base 1 | Score | W/Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mobility | $00: 12$ | $\mathrm{~L} 10 / 11$ | $00: 19$ | $\mathrm{~L} 11 / 11$ | $00: 12$ | $\mathrm{~L} 11 / 11$ | $00: 10$ | $\mathrm{~L} 11 / 11$ |
| Total |  |  | Faster by | Gained |  |  | Faster by | Even |
|  |  |  | $00: 03$ | +1 |  |  | $00: 02$ |  |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ).

Subject (5) Male, 48
Results Measurements

|  | Base 1 | Score | W/Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mobility | $00: 13$ | $\mathrm{~L} 11 / 11$ | $0: 13$ | $\mathrm{~L} 11 / 11$ | $00: 12$ | $\mathrm{~L} 11 / 11$ | $00: 15$ | L 10/11 |
| Total |  |  | Even | Even |  |  | Slower by <br> $00: 03$ | Lost <br> -1 |

The Line Score (L) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of 8/12).

Subject (6) Male, 24
Results Measurements

|  | Base 1 | Score | W/Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mobility | $00: 07$ | $\mathrm{~L} 7 / 11$ | $00: 06$ | $\mathrm{~L} 11 / 11$ | $00: 07$ | $\mathrm{~L} 7 / 11$ | $00: 06$ | $\mathrm{~L} 11 / 11$ |
| Total |  |  | Faster by | Gained |  |  | Faster by | Gained |
|  |  |  | $00: 01$ | +4 |  |  | $00: 01$ | +4 |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of 8/12).

## Test Sequence 5)

## Functional Movement and Focus

Studies have shown that the Px Tech increases energy to the brain, balances the energy to the left and right hemispheres and calms the brain simultaneously. As such there should be a change in the body's ability to maintain balance, stability, concentration and focus while sustaining controlled and purposeful movement to multiple muscles simultaneously.

## Application:

1) Functional movement, walking heel-to-toe, on a straight line, maintaining focus of purpose away from the walking surface, accuracy measured (target and line) and both the total time and time on target is recorded.

Subject (1) Female, 38
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Functional Movement | 00:12 | L 8/12 Accuracy <br> 1 out Time on Target 00:11 | 0:11 | L 9/12 <br> Accuracy <br> No ou <br> Target <br> 00:11 | 00:09 | L4/12 <br> Accuracy <br> No out <br> Time on <br> Target <br> 00:09 | 00:08 | L6/12 Accuracy <br> No out Time on Target 00:08 |
| Total |  |  | Faster by 00:01 |  |  |  | Faster by <br> 00:01 | Score <br> Gained 2 <br> Accuracy <br> Even <br> Time on Target Longer |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ). The object is to keep the dot within the target disc area. The total amount of time the dot is in the area is recorded. The best score would equal the total walk time. A point is deducted each time the dot leaves the target area; zero being the perfect Target Score (T).

Subject (2) Female, 25
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Functional Movement | 00:13 | L 10/14 <br> Accuracy <br> 1 out <br> Time on <br> Target 00:11 | 00:11 | L 13/14 <br> Accuracy <br> 3 out <br> Time on <br> Target <br> 00:10 | 00:13 | L 14/14 <br> Accuracy <br> 2 out <br> Time on <br> Target <br> 00:12 | 00:10 | L 14/14 <br> Accuracy <br> 1 out <br> Time on <br> Target 00:12 |
| Total |  |  | Slower by 00:02 | Score Gained 3 Accuracy Decrease Time on Target Less |  |  | $\begin{gathered} \hline \text { Faster by } \\ 00: 02 \end{gathered}$ | Score <br> Even Accuracy Increase Time on Target Even |

The Line Score (L) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ). The object is to keep the dot within the target disc area. The total amount of time the dot is in the area is recorded. The best score would equal the total walk time. A point is deducted each time the dot leaves the target area; zero being the perfect Target Score (T).

Subject (3) Female, 18
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Functional Movement | 00:09 | L 11 / 12 <br> Accuracy <br> 3 out <br> Time on <br> Target <br> 00:07 | 00:09 | L 11 / 12 <br> Accuracy <br> 3 out <br> Time on <br> Target <br> 00:09 |  |  |  |  |
| Total |  |  | Even | Score <br> Even <br> Accuracy <br> Even <br> Time on <br> Target <br> Longer |  |  |  |  |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ). The object is to keep the dot within the target disc area. The total amount of time the dot is in the area is recorded. The best score would equal the total walk time. A point is deducted each time the dot leaves the target area; zero being the perfect Target Score (T).

Subject (4) Male, 50
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Functional Movement | 00:23 | L5/11 Accuracy <br> 4 out Time on Target 00:21 | 00:17 | L 8/11 <br> Accuracy <br> 0 out <br> Time on <br> Target <br> 00:17 | 00:22 | L6/11 Accuracy <br> 0 out <br> Time on Target 00:22 | 00:14 | L 6/11 <br> Accuracy <br> 1 out <br> Time on <br> Target <br> 00:13 |
| Total |  |  | $\begin{gathered} \text { Faster by } \\ 00: 06 \end{gathered}$ | Score <br> Gained 3 <br> Accuracy <br> Increase <br> Time on <br> Target <br> Longer |  |  | $\begin{aligned} & \text { Faster by } \\ & \mathbf{0 0 : 0 8} \end{aligned}$ | Score <br> Even <br> Accuracy <br> Decrease <br> Time on <br> Target <br> Less |

The Line Score ( L ) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ). The object is to keep the dot within the target disc area. The total amount of time the dot is in the area is recorded. The best score would equal the total walk time. A point is deducted each time the dot leaves the target area; zero being the perfect Target Score (T).

Subject (5) Male, 48
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Functional Movement | 00:17 | L 8/11 <br> Accuracy <br> 1 out Time on Target 00:16 | 00:15 | L 10/11 <br> Accuracy <br> 1 out Time on Target 00:14 | 00:14 | L 11/11 <br> Accuracy <br> 0 out <br> Time on <br> Target 00:14 | 00:12 | L 10/11 <br> Accuracy <br> 0 out <br> Time on <br> Target 00:12 |
| Total |  |  | $\begin{gathered} \hline \text { Faster by } \\ 00: 02 \end{gathered}$ | Score <br> Gained 2 <br> Accuracy <br> Even <br> Time on Target Even |  |  | $\begin{gathered} \text { Faster by } \\ 00: 02 \end{gathered}$ | Score <br> Lost 1 <br> Accuracy <br> Even <br> Time on <br> Target <br> Even |

The Line Score $(\mathrm{L})$ is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ). The object is to keep the dot within the target disc area. The total amount of time the dot is in the area is recorded. The best score would equal the total walk time. A point is deducted each time the dot leaves the target area; zero being the perfect Target Score (T).

Subject (6) Male, 24
Results Measurements

|  | Base 1 | Score | W/ Px 1 | Score | Base 2 | Score | W/Px 2 | Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Functional Movement | 00:08 | L 6/12 <br> Accuracy <br> 2 out Time on Target 00:07 | 00:06 | $\mathrm{L} 6 / 12$ <br> Accuracy <br> 2 out Time on Target 00:07 | 00:08 | L 8/12 <br> Accuracy <br> 3 out <br> Time on <br> Target 00:5 | 00:06 | L 6/12 <br> Accuracy <br> 0 out <br> Time on <br> Target 00:6 |
| Total |  |  | $\begin{gathered} \hline \text { Faster by } \\ 00: 02 \end{gathered}$ | Score <br> Even <br> Accuracy <br> Even <br> Time on <br> Target <br> Even |  |  | $\begin{gathered} \text { Faster by } \\ 00: 02 \end{gathered}$ | Score <br> Lost 2 <br> Accuracy <br> Increase <br> Time on <br> Target <br> Longer |

The Line Score (L) is measured by the number of times the foot placement line accuracy is maintained vs. the total number of steps taken (Example; 8 line accuracy foot placements out of 12 total steps to complete the course is a score of $8 / 12$ ). The object is to keep the laser dot within the target disc area. The total amount of time the dot is in the area is recorded. The best score would equal the total walk time. A point is deducted each time the dot leaves the target area; zero being the perfect Target Score (T).

