

Equilibrium Trial Activity Guide

Activity Roster

The Activity Roster is referred to as the list of activities the EQ systems are designed to analyze and provide the required insights.

EQ Elite Model Activity Roster

1. Range of Motion Exercises
2. Squats
3. OH Squats
4. Drop Steps
5. Lunges
6. Walking Lunges
7. Non Countermovement Jump
8. Countermovement Jump
9. Drop Jump
10. Repeated Jumps
11. Double Leg Landing
12. Walk
13. Jog
14. Run
15. Single Leg Hops (Use one leg only in a trial and do not switch legs during the trial)
16. Single Leg Landing (Use one leg only in a trial and do not switch legs during the trial)

EQ Basic Model Activity Roster

1. Squats
2. OH Squats
3. Non Countermovement Jump
4. Countermovement Jump
5. Repeated Jumps
6. Walk
7. Jog
8. Run
9. Single Leg Hops (Use one leg only in a trial and do not switch legs during the trial)