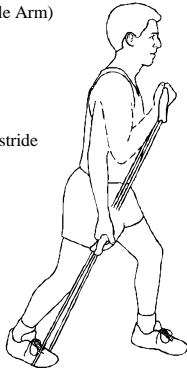


BICEPS - 3 Curl: Palm Up (Single Arm)

Anchor tubing under back foot in stride stance. Palm up, curl arm toward shoulder.

Repeat ___ times per set.
 Repeat with other arm.
 Do ___ sets per session.
 Do ___ sessions per week.



BICEPS - 7 Curl: Standing - Forward

Face away from anchor in stride stance. Palms forward, curl arms.

Repeat ___ times per set.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Ankle

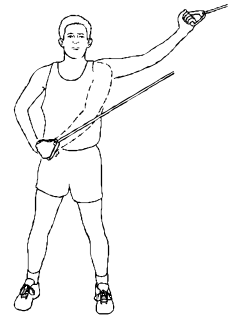


CHEST - 9 Fly: High-Low (Single Arm)

Side toward anchor in shoulder width stance. Pull arm down and across body.

Repeat ___ times per set.
 Repeat with other arm.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Over Head

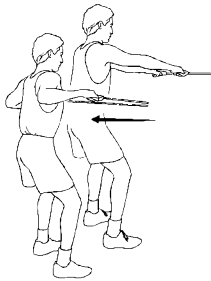


MID BACK - 3 High Row: Standing

Face anchor, feet shoulder width apart. Palms down, pull arms back, squeezing shoulder blades together.

Repeat ___ times per set.
 Do ___ sets per session.
 Do ___ sessions per week.

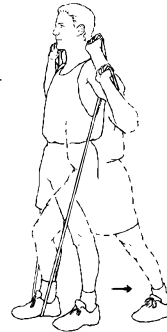
Anchor Height: Chest



QUADRICEPS - 2 Lunge Step: Backward (Beginning)

In stride stance, anchor tubing under forward foot. Palms forward at shoulder height. Step back with other leg, keeping it straight.

Repeat ___ times per set.
 Repeat with other leg.
 Do ___ sets per session.
 Do ___ sessions per week.



SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head.

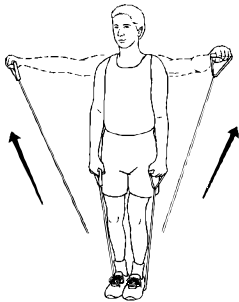
Repeat ___ times per set.
 Do ___ sets per session.
 Do ___ sessions per week.



SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

Repeat ___ times per set.
 Do ___ sets per session.
 Do ___ sessions per week.

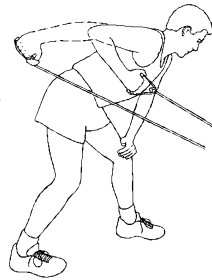


TRICEPS - 8 Kick-Back: Single Arm

Face anchor in wide stride stance. Support trunk with free hand on knee. Thumb up, extend arm backward.

Repeat ___ times per set.
 Repeat with other arm.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Ankle

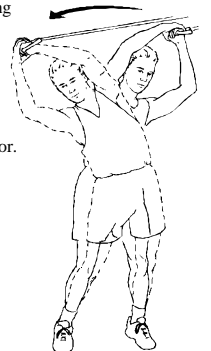


TRUNK - 2 Side Bend: Standing

Side toward anchor in wide stance, arms above head, tilt trunk toward anchor. Grasp handle and pull away from anchor.

Repeat ___ times per set.
 Repeat from other side.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Over Head

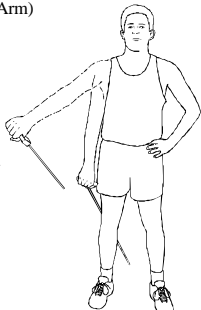


REHAB: UPPER EXTREMITY - 1 Supraspinatus: Standing - "Empty Can" (Single Arm)

Face away from anchor in shoulder width stance. Thumb down (as if emptying a can) and arm slightly in front of body, raise arm to approximately 45°

Repeat ___ times per set.
 ___ Repeat with other arm.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Heel

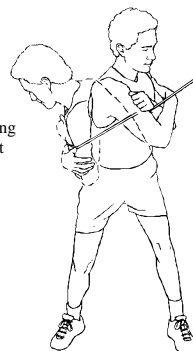


REHAB: TRUNK - 2 Rotation: Standing - Diagonal 2

Side toward anchor in shoulder width stance. Turn upper body toward anchor. Tubing around anchor-side hand, hold at opposite shoulder. Rotate trunk down and away from anchor.

Repeat ___ times per set.
 ___ Repeat to other side.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Over Head



REHAB: LOWER EXTREMITY - 11 Knee Flexion: Sitting (Single Leg)

Sit facing anchor, leg extended. Tubing looped around ankle, flex knee, pulling back.

Repeat ___ times per set.
 ___ Repeat with other leg.
 Do ___ sets per session.
 Do ___ sessions per week.

Anchor Height: Knee

