



**Olivieri Chiropractic and Rehabilitation Center**

1501 Route 47 South  
Rio Grande, NJ 08242

Phone: (609) 886-8585 Fax: (609) 886-8540

Client :  
ID :  
Issued By : **Ronald Glover, Physical Therapist**  
Date : Monday, August 30, 2010

THR :

Exercise	Date:																								
	Set:	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
GYM Pelvic Tilts	Wgt:																								
	Reps:																								
GYM March - Seated	Wgt:																								
	Reps:																								
GYM Cross Crawl - Seated	Wgt:																								
	Reps:																								
GYM Airplane	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								