



Olivieri Chiropractic and Rehabilitation Center

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Client :
ID :
Issued By : **Ronald Glover, Physical Therapist**
Date : Tuesday, May 20, 2008

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 Bridge / Marching	Wgt:																								
	Reps:																								
GYM Supine Bridge One Leg Dips	Wgt:																								
	Reps:																								
GYM Crunches	Wgt:																								
	Reps:																								
GYM Obliques	Wgt:																								
	Reps:																								
GYM Side Raises	Wgt:																								
	Reps:																								
GYM Quadruped Arm / Leg Raise	Wgt:																								
	Reps:																								
GYM Superman	Wgt:																								
	Reps:																								
GYM Full Upper Body Plank	Wgt:																								
	Reps:																								
GYM Front Bridge / Plank - Ankle	Wgt:																								
	Reps:																								
GYM Push Ups	Wgt:																								
	Reps:																								
GYM Hip Extensions - Straight Leg	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								
	Wgt:																								
	Reps:																								