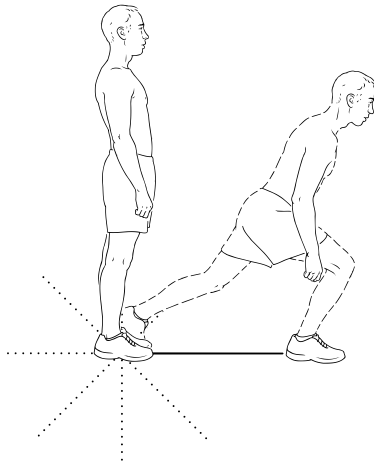


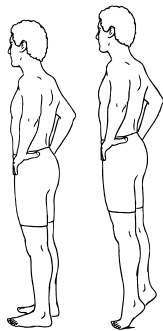
Lunge:



Stand with equal weight on both feet. Lunge with right leg forward, repeat with left leg leading. Do not allow forward knee to go over your toes.

Repeat ____ times. ____ Reps ____ Sets ____ sets per day

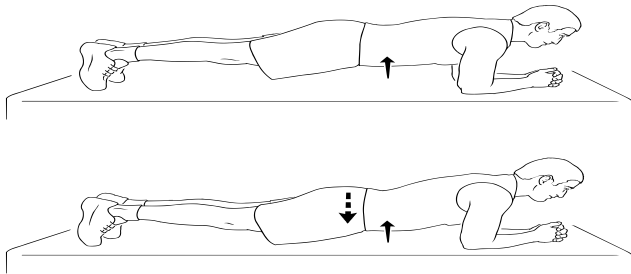
Calf Raises:



Rise on balls of feet.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

Planks:



On toes and elbows, pull abdomen in while stabilizing trunk. Slowly lower downward without arching back.

___ reps per set, ___ sets per day

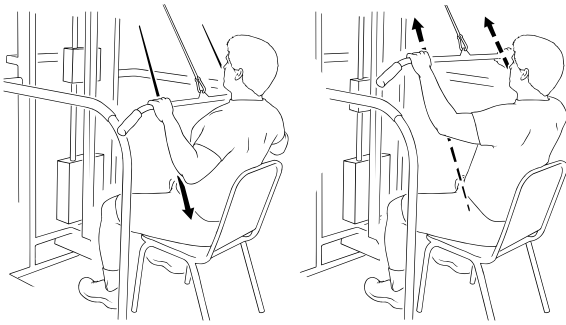
Eccentric Wrist Extension:



With tubing wrapped around left fist and other end secured under foot, bend wrist up (palm down) as far as possible. Keep forearm on thigh.

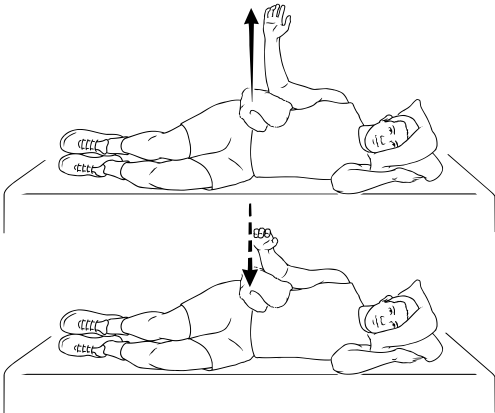
Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

Lat Pull Down:



Pull bar down quickly toward chest. Slowly release for 3-5 seconds. Use ____ lbs on machine. ____ reps per set, ____ sets per day

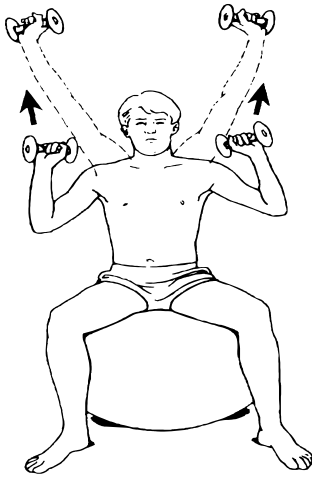
Shoulder Side-lying External Rotation:



Lie on side, affected arm on top, elbow bent to 90°, towel under upper arm. Quickly lift forearm. Slowly lower affected arm for 3-5 seconds. ____ reps per set, ____ sets per day

Add ____ lbs when you achieve ____ repetitions.

Overhead Dumbbell Press:



Stand or sit straight with shoulder down and back to start. Straighten elbows and press ____ lb dumbbells above head. Keep palms facing outward.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day