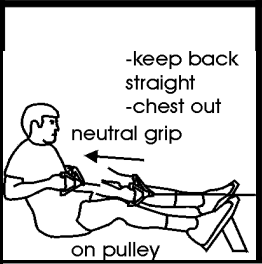
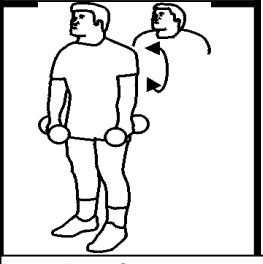
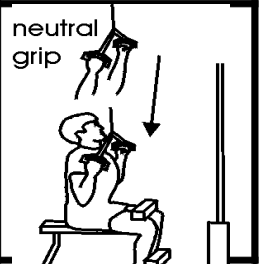
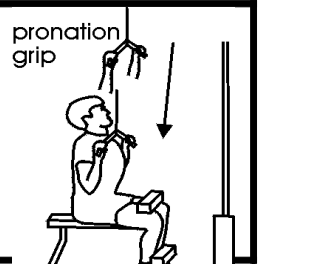
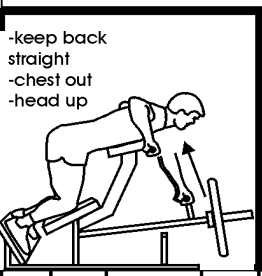
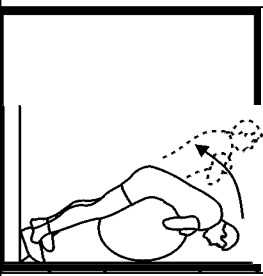
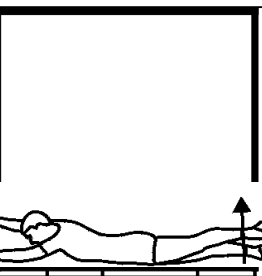
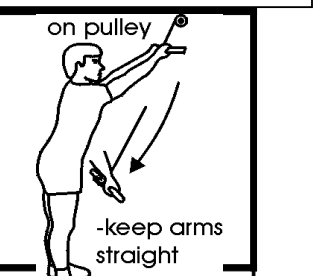


Name: \_\_\_\_\_ Program: \_\_\_\_\_ Consultant: \_\_\_\_\_

<p>A1</p> 	<p>A2</p> 	<p>B1</p> 	<p>B2</p> 
<p>Set 1 Set 2 Set 3 Set 4 Set 5 Set 6</p> <p>1. Seated or cable row. Preferably seated row first, then cable.        2. example text.....        3. example text.....        4. example text.....        5. example text.....</p>	<p>1. 4 Pts of posture        2. example text.....        3. example text.....        4. example text.....        5. example text.....</p>	<p>1. Starting position-arms overhead, elbows not extended all the way, don't let resistance pull shoulders to far upward        2. example text.....        3. example text.....</p>	<p>Continued...        4. example text.....        5. example text.....</p>
			
<p>Set 1 Set 2 Set 3 Set 4 Set 5 Set 6</p> <p>1. NOTE: This can be uncomfortable for some people with chest pressing into pad.        2. Hand grip should be neutral if possible.        3. 4 Pts of posture</p>	<p>1. You may have client start with knees on ground first until coordination is better.        2. example text.....        3. example text.....        4. example text.....</p>	<p>1. Elevate one arm and one leg simultaneously.        2. Move slowly and with control.        3. Head should be in a neutral position</p>	<p>1. 4 PTs of posture        2. example text.....        3. example text.....</p>

Remark: \_\_\_\_\_