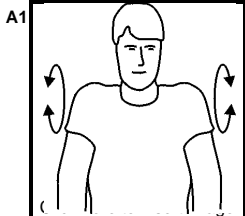


Name: Steven Smith

Program: Back Flexibility

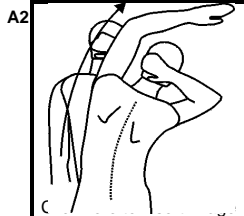
Consultant: Mike Jones-NPI-Certified Posture Specialist



Ser.	Rep.	Tempo	Rest
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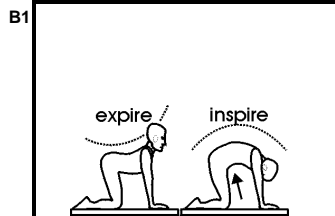
Set 1				
Set 2				
Set 3				
Set 4				
Set 5				
Set 6				

Note:



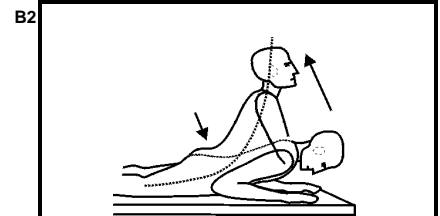
Ser.	Rep.	Tempo	Rest
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Note:



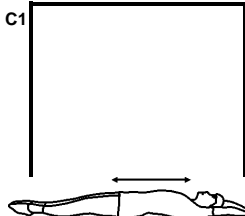
Ser.	Rep.	Tempo	Rest
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Note:



Ser.	Rep.	Tempo	Rest
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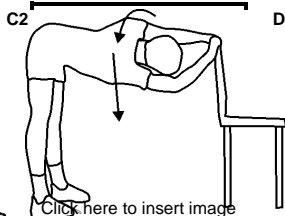

Note:



Ser.	Rep.	Tempo	Rest
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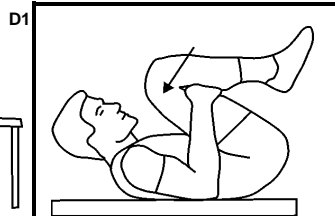
Set 1				
Set 2				
Set 3				
Set 4				
Set 5				
Set 6				

Note:



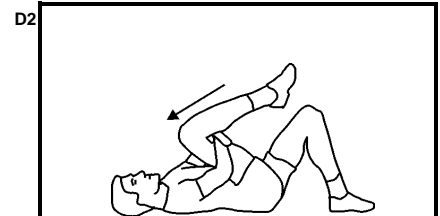
Ser.	Rep.	Tempo	Rest
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Note:



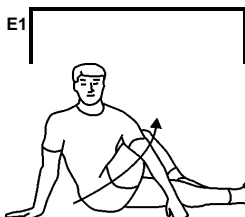
Ser.	Rep.	Tempo	Rest
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Note:



Ser.	Rep.	Tempo	Rest
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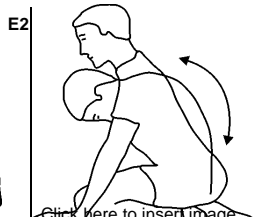

Note:



Ser.	Rep.	Tempo	Rest
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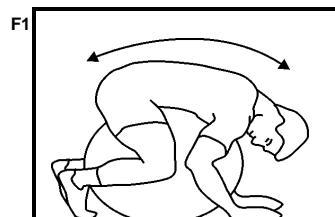
Set 1				
Set 2				
Set 3				
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Set 6				

Note:



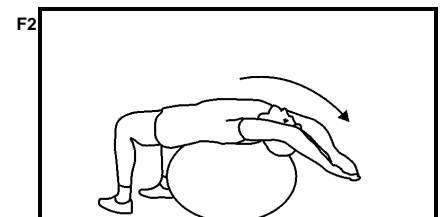
Ser.	Rep.	Tempo	Rest
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Note:



Ser.	Rep.	Tempo	Rest
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Note:



Ser.	Rep.	Tempo	Rest
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Note: