



NAME:									
RESTRICTIONS:									
DATE:									
LUMBAR STRENGTH	FOOT RESTRAINT _____ KNEE RESTRAINT _____ RANGE LEVER _____								
TORSO ROTATION	FOOT RESTRAINT _____ KNEE RESTRAINT _____ ROM: L___R___								
FOUR WAY NECK	SEAT HEIGHT _____ BACK PAD _____ HEAD PAD _____								
AB ISOLAOR	FOOT RESTRAINT _____								
SUPER STRETCH	HOLD EACH SUPER STREACH REP FOR 15 SECONDS & REPEAT. LEG DECK MAY BE ADJUSTED BASED ON HAMSRING FLEXIBILITY. GRIP 3 HAND GRIP DISTATACE UP BOOM BOOM 3 ANGLE OF BOOM.								
HANGING STRETCH	SEAT BACK _____ BOOM ANGLE: 90° LEG DECK INDICATOR: 40°								
DOUBLE LEG CENTER STRETCH	BOOM ANGLE: 65 LEG DECK INDICATOR								
DOUBLE LEG LEFT STRETCH	BOOM POSITION: 1 2 3 4 5 6 7 8 9								
DOUBLE LEG RIGHT STRETCH	BOOM POSITION: 1 2 3 4 5 6 7 8 9								
RETURN LEG DECK INDICATOR TO 40°									
RIGHT LEG HAMSRING STRETCH	BOOM POSITION: #1 LEFT SIDE								
LEFT LEG HAMSTRING STRETCH	BOOM POSITION: #1 RIGHT SIDE								
MAXIMUM STRETCH	LEG DECK INDICATOR								

