

Patient Name _____

EXERCISE	DATE			1			2			3			1			2			3			1			2			3		
	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS	SET	REPS	REPS			
Rotators																														
Upright Rows																														
Reverse CRUNCH																														
Squats																														
2 Way Back Row																														
Abdominal Roll																														

- * Start slow until you get use to each technique.
- * Keep your stomach pulled in during each exercise.
- * Perform 3, 6, 10, 15, 20 Repetitions for each of 3 sets - build up over time.
- * Perform Routine daily.
- * Drink lots of water.
- * If you have sharp pain or discomfort - STOP and see your Chiropractor.