Patient Name ____________________

EXERCISE TRACKING CARD

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

* Start slow until you get use to each technique.
* Keep your stomach pulled <u>in</u> 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 - <u>STOP</u> and see your Chiropractor.