

MON	TUE	WED	THUR	FRI	SAT	SUN

MON	TUE	WED	THUR	FRI	SAT	SUN

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Exercises for

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Started on

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Clinic details:  
 Phone: 9873 7373  
 Shop 6, 432 Mitcham Rd  
 Mitcham 3132

TRUNK - 2 Side Bend: Standing

Side toward anchor in wide stance, arms above head, tilt trunk toward anchor. Grasp handle and pull away from anchor.

Repeat 5 times per set.  
Repeat from other side.  
Do 2 sets per session.  
Do 2 sessions per week.

Anchor Height: Over Head



MID BACK - 3 High Row: Standing

Face anchor, feet shoulder width apart. Palms down, pull arms back, squeezing shoulder blades together.

Repeat 10 times per set.  
Do 2 sets per session.  
Do 5 sessions per week.

Anchor Height: Chest



REHAB: TRUNK - 2  
Rotation: Standing - Diagonal 2

Side toward anchor in shoulder width stance. Turn upper body toward anchor. Tubing around anchor-side hand, hold at opposite shoulder. Rotate trunk down and away from anchor.

Repeat 5 times per set.  
Repeat to other side.  
Do 2 sets per session.  
Do 2 sessions per week.

Anchor Height: Over Head



REHAB: TRUNK - 4 Rotation: Sitting

Face away from anchor, turn upper body to side, arms crossed. Tubing secured with hand at anchor-side shoulder, rotate trunk away.

Repeat 5 times per set.  
Repeat to other side.  
Do 2 sets per session.  
Do 2 sessions per week.

Anchor Height: Chest

