

WORK CONDITIONING/HARDENING EXERCISES



1. After watching the video, perform the following activities.
2. For each day you exercise, indicate the date and what you did in the appropriate day.
3. In the lifting section, indicate the amount of weight you lifted and number of repetitions.

Your Name

		Date									
Focus	Exercise	M	T	W	TH	F	M	T	W	TH	F
Stretching	Hamstring Stretch										
	Quad Stretch										
	Calf Stretch										
	Rhomboid Stretch										
	Door Stretch										
	Levator Scapulae Stretch										
	Trapezius Stretch										
Classes	Circuit Training Class										
	Education Class										
Lifting	Carrying 10 Feet										
	12" to Waist										
	Floor to Waist										
	Waist to Shoulder – Shelf Height:										
	Overhead – Shelf Height:										
	Pushing 10 Feet										
	Pulling 10 Feet										
Cardio	UBE										
	Treadmill										
	Nu-Step – Seat: Handles:										
	Stairmaster										
	Elliptical										
	Bike										
Year: _____ # of visits: _____ Therapist Initials											