WORK CONDITIONING/HARDENING
NAUTILUS STRENGTH EQUIPMENT

BODYWORKShfr.com

1. On the first visit, make notes about the machine setting (seat, back rest, etc.).
2. For each visit, write the date and, for each machine, the number of repetitions you did.

Your Name

Focus	Machine #	Tips for Machine Settings	Date										
			M	T	W	TH	F	M	T	W	TH	F
Legs	A1	Leg Press Seat: Back Rest:										
	A2	Leg Extension Seat: Back Rest:										
	A3	Seated Leg Curl Back Rest: Leg Pad: S M L										
Hips	A5	Hip Adduction Back Rest: ROM Lever:										
	A5	Hip Abduction Back Rest: ROM Lever:										
Back	B1	Lat Pull Down Back Rest: Leg Pad: S M L										
	B2	Pullover Seat:										
	B3	Compound Row										
	C1	Low Back Seat: Foot Rest:										
Bi	C3	Bicep Curl Seat: Back Rest:										
Abs	C2	Abdominal Seat:										
Chest	C4	Vertical Chest Press Seat: Back Rest: Grips: N W										
	C5	Incline Chest Press Seat: Grips: N W										
	B5	Pec Fly Seat: Foot Rest: Arms:										
Shoulders	D2	Overhead Shoulder Seat: Grips: N W										
	D3	Lateral Raise Seat:										
	B5	Rear Delt Back: Foot Rest: Arms:										
Triceps	D4	Tricep Extension Seat: Back Rest:										
	D5	Seated Dips Seat:										
Other												
Year: _____ # of visits: ___ Therapist Initials												

AFFIX STICKER