



Name \_\_\_\_\_

Restrictions \_\_\_\_\_

		Date								
<b>Lumbar Strength</b>	Foot Restraint _____									
	Knee Restraint _____									
	Range Lever _____									
<b>Torso Rotation</b>	Foot Restraint _____									
	Knee Restraint _____									
	ROM: L _____ R _____									
<b>Four Way Neck</b>	Seat Height _____									
	Back Pad _____									
	Head Pad _____									
<b>Ab Isolator</b>										
<b>Hanging Stretch</b>	Seat Back _____									
	Boom Angle 90 Leg Deck Indicator - 40									
<b>Double Leg Center Stretch</b>										
Boom Angle 45 Leg Deck Indicator - open to max stretch										
<b>Double Leg Left Stretch</b>										
Boom Position 1 2 3 4 5 6 7 8 9										
<b>Double Leg Right Stretch</b>										
Return boom to 1st position on left side										
<b>Return Leg Deck to 40</b>										
<b>Right Leg Hamstring Stretch</b>										
Boom Angle 45 & #1 on left side										
<b>Left Leg Hamstring Stretch</b>										
Boom Angle 45 & #1 on right side										
<b>Maximum Stretch</b>										
Leg Deck - open wheel to maximum stretch that is still comfortable										
<b>Return Leg Deck Indicator to 40 &amp; Return Boom to 90</b>										

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**Hold each super stretch rep for 15 seconds and repeat.  
Leg deck may be adjusted based on hamstring flexibility.**