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*Cardiovascular exercises* 3

*Balance exercises* 3

*Stability exercises* 3

*Squat exercises* 4

*Hinge exercises* 4

*Pushing exercises* 4

*Pulling exercises* 5

*Whole-body stretches* 5

*Hip stretches* 5

*Shoulder stretches*6

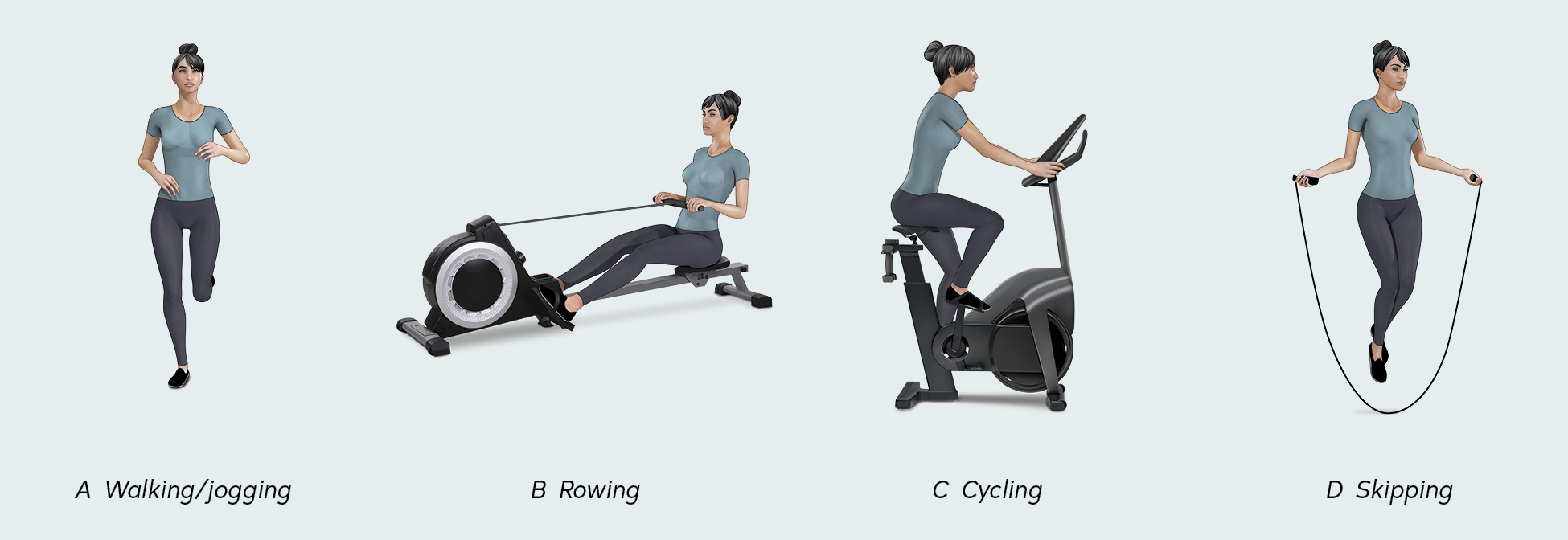
*Other stretches* 6

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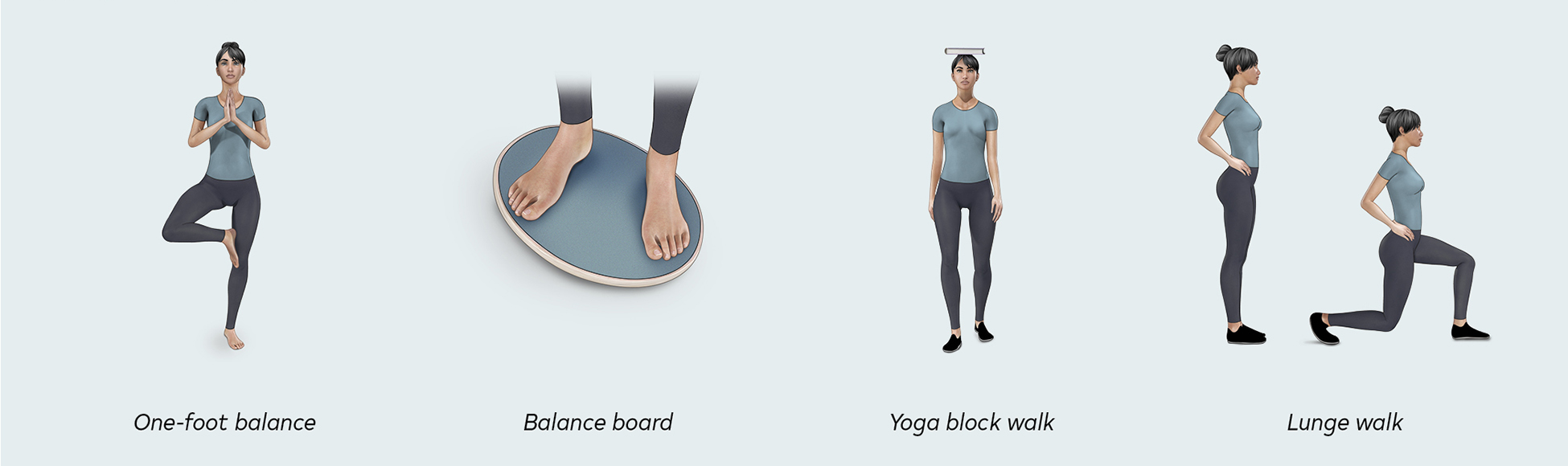
*Relaxation* 6

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| MY EXERCISE CHART  Name: | | | | | | | | | | | | | | | |
| Exercise | Week    dates | | | | Week    dates | | | | Week     dates | | | | Week     dates | | |
|  |  |  |  |  | |  |  |  | |  |  |  | |  |  |
| Cardio exercise parameters (time in minutes and post-ex. heart rate) | | | | | | | | | | | | | | | |
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| Stability exercise parameters (time in seconds, number of reps, resistance weight, dominant (d) and non-dominant (nd) sides) | | | | | | | | | | | | | | | |
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| Mobility exercise parameters (number of reps and time in seconds) | | | | | | | | | | | | | | | |
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| Relaxation exercise parameters (post-ex. heart rate) | | | | | | | | | | | | | | | |
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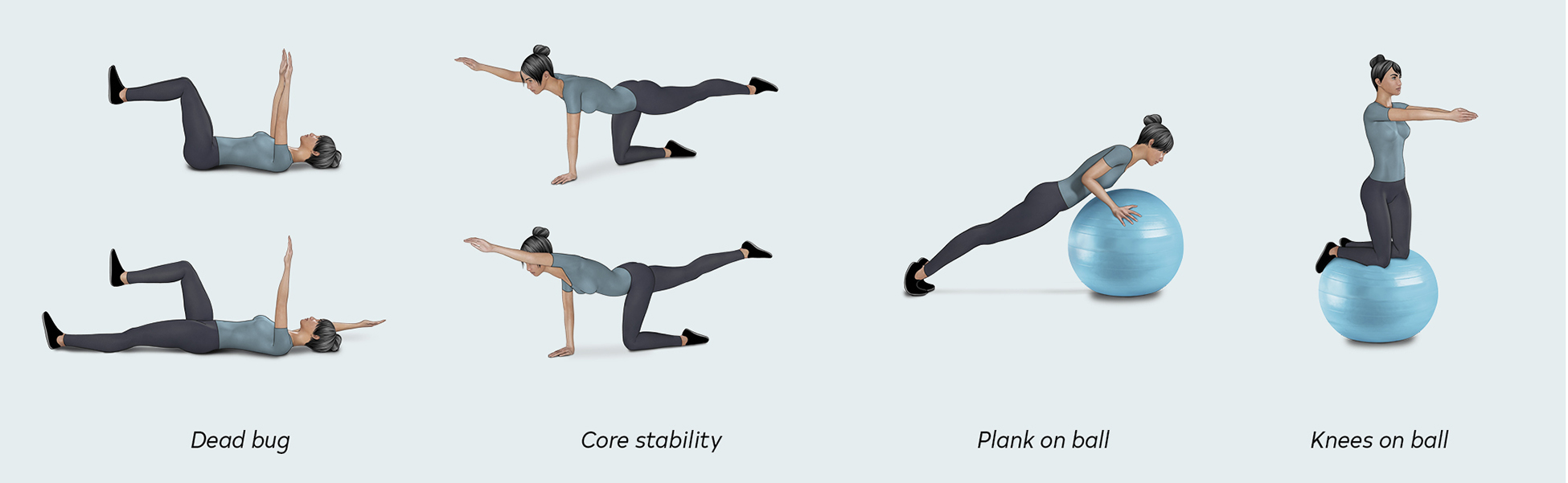
CARDIOVASCULAR EXERCISES



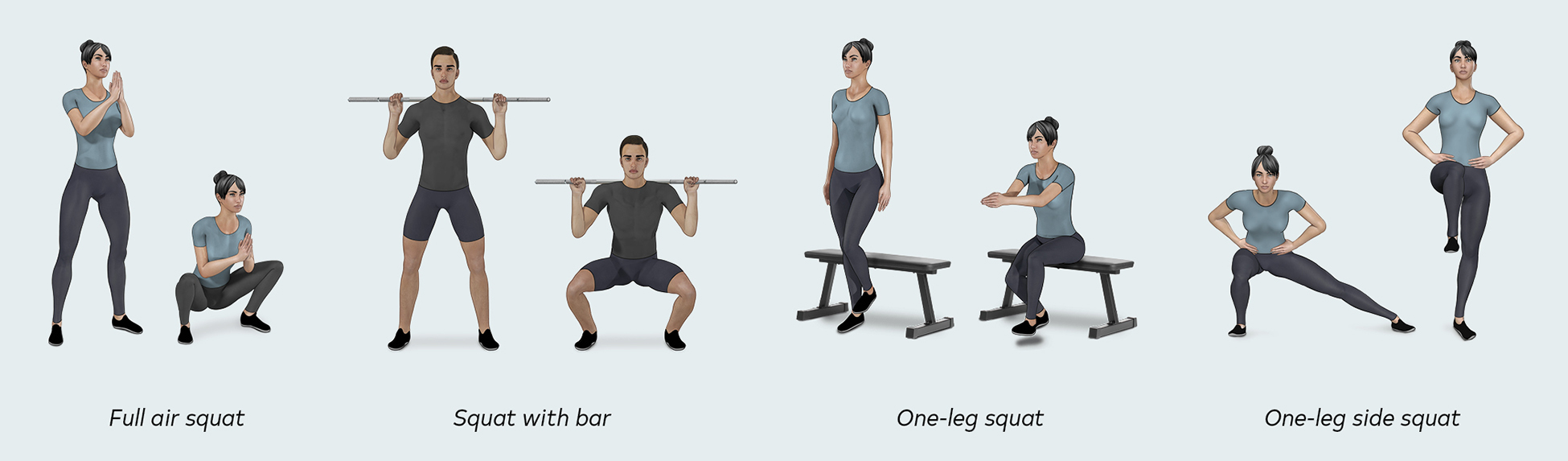
BALANCE EXERCISES



STABILITY EXERCISES



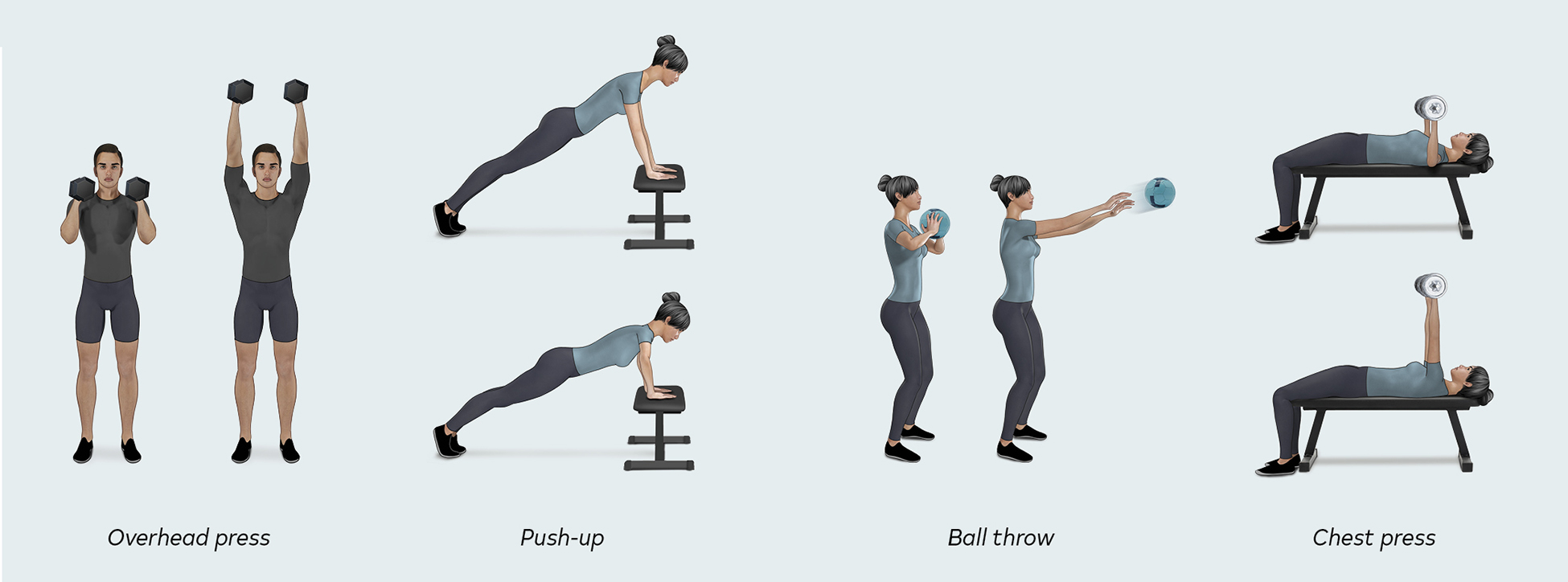
SQUAT EXERCISES



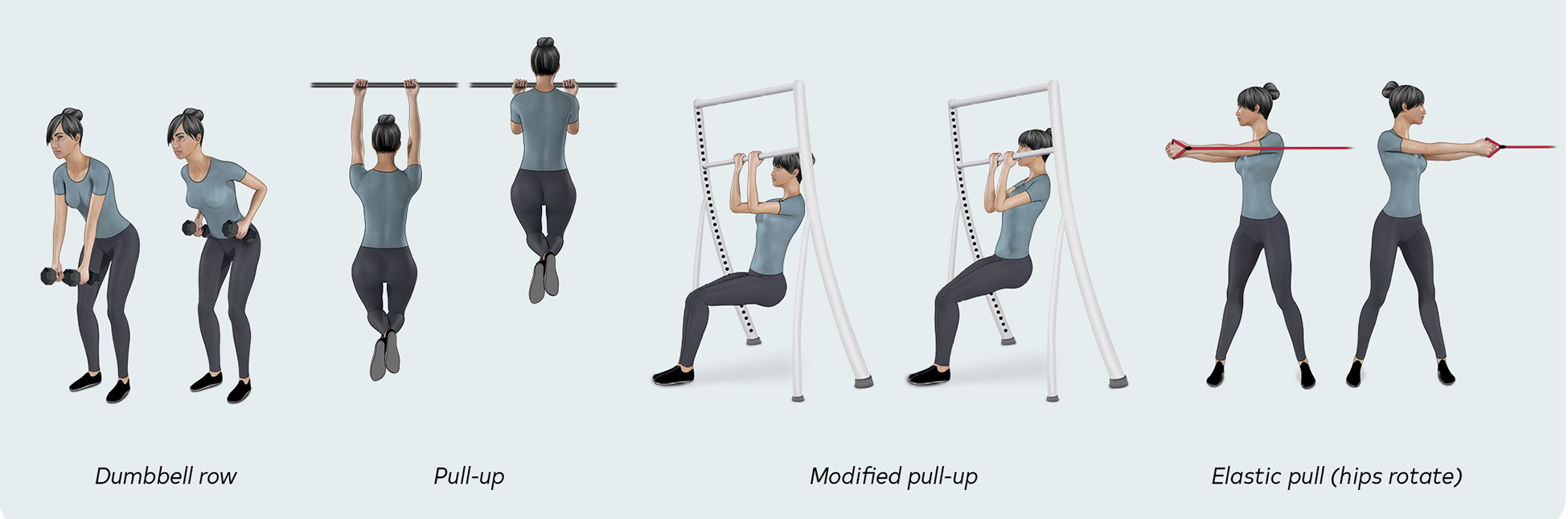
HINGE EXERCISES



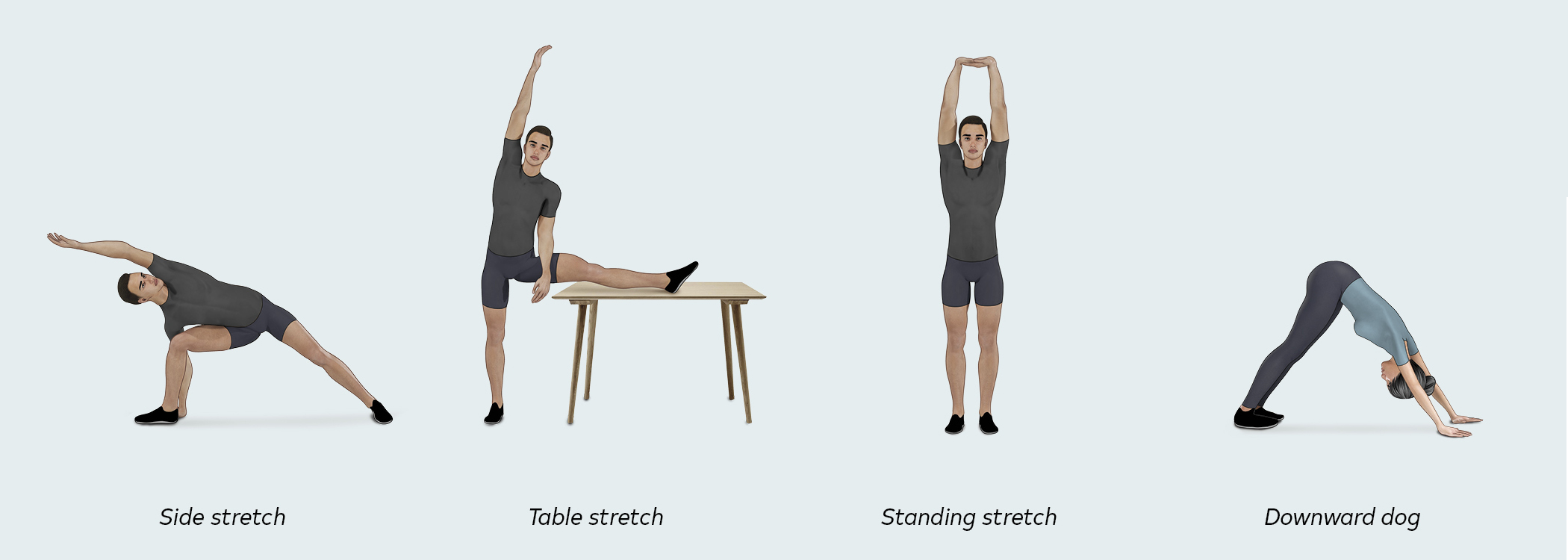
PUSHING EXERCISES



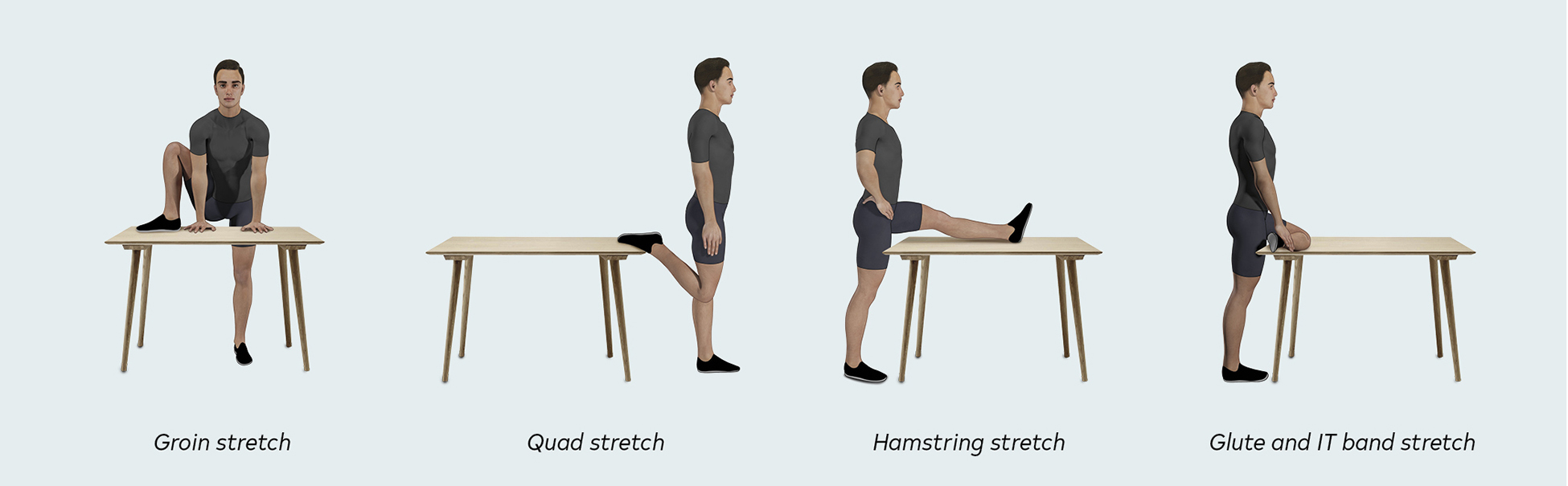
PULLING EXERCISES



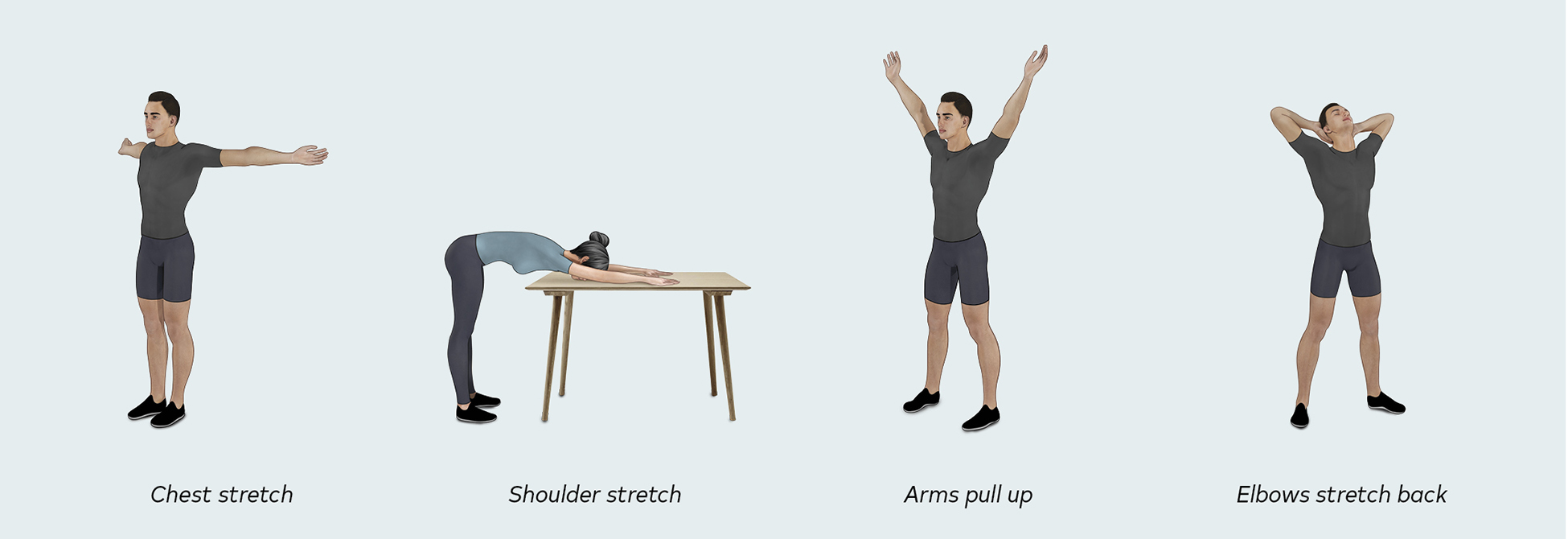
WHOLE-BODY STRETCHES



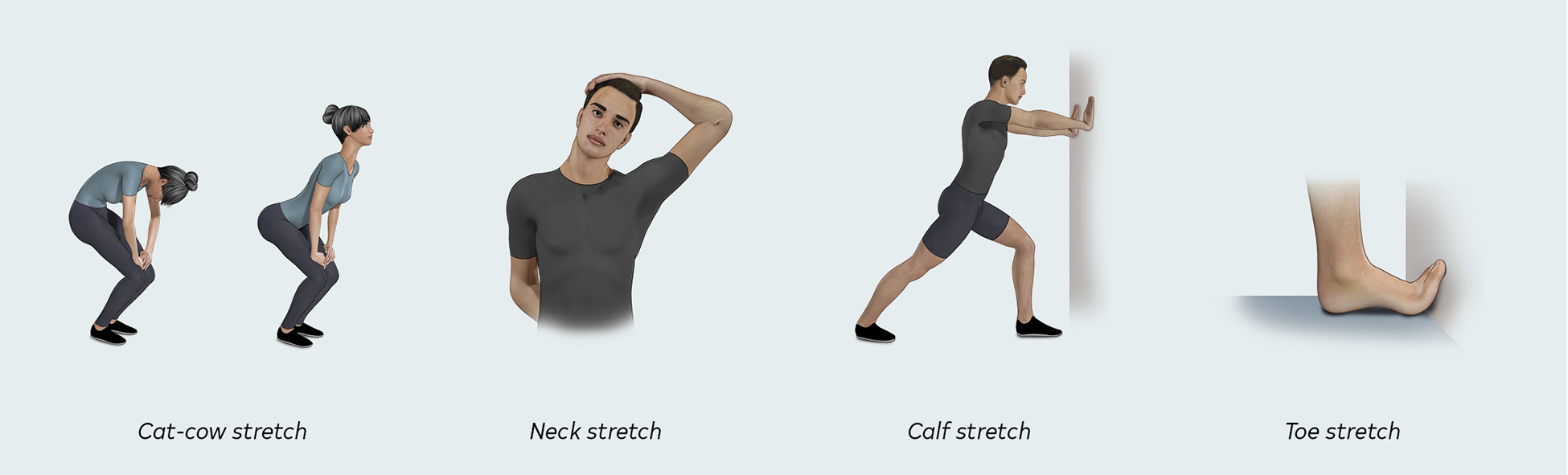
HIP STRETCHES



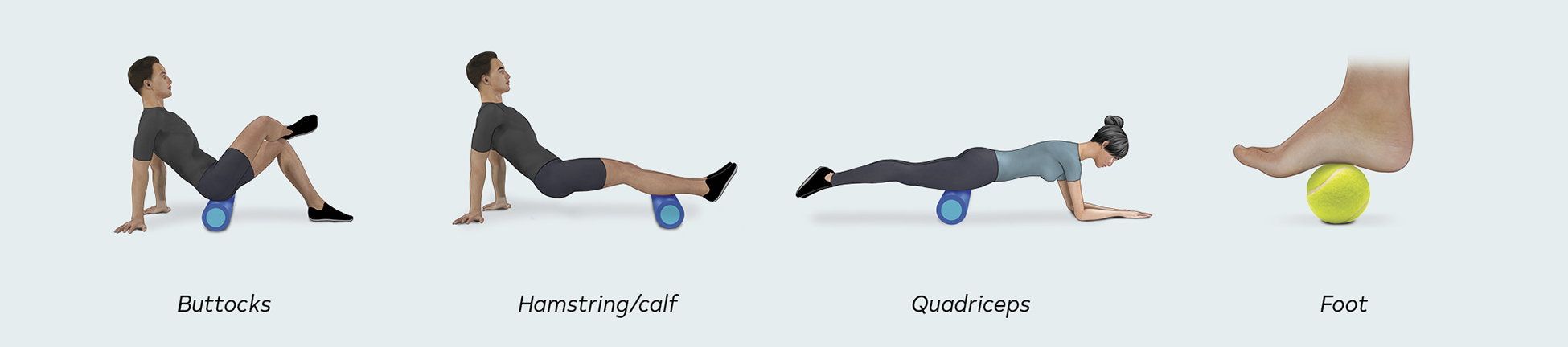
SHOULDER STRETCHES



OTHER STRETCHES



MYOFASCIAL RELEASE TECHNIQUES



RELAXATION

