[YOUR COMPANY] Exercise Log **LUMBAR B**

Month:_____ Year:_____

	Activity	Description	*(Key: √=continue*			***I*****=instruct next visit)**					
		Day									
1	Quadruped Pelvic Tilt	"cat/dog"									
2	Crookly Rotation (lower body)										
3	Crookly Crunches										
4	Crookly Rotation (upper body)										
5	Braced Marching	Neutral spine vs p-pelvic tilt									
6	Supine Bicycling (SLR)										
7	Hamstring stretch (long sit)										
8	Chair Crunches										
9	Squat	TB vs weights									
10	Hamstring stretch (supine)										
11	Side Lunges										
12	Leg curls on Swissball	without hands/elbows									
a											
b											
c											
d											
e											
f											
g											
h											
I											
j											
k											