



LTE Extension

Configuration

Load(lbs) : 10

Seat: 5

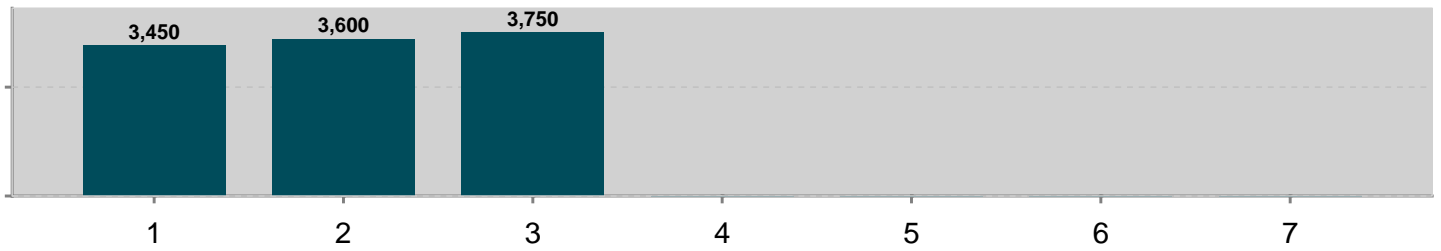
Footpedal: 2

Back: 5

Notes

do 20 repetitions today

Total work



LTF Flexion

Configuration

Load(lbs) : 10

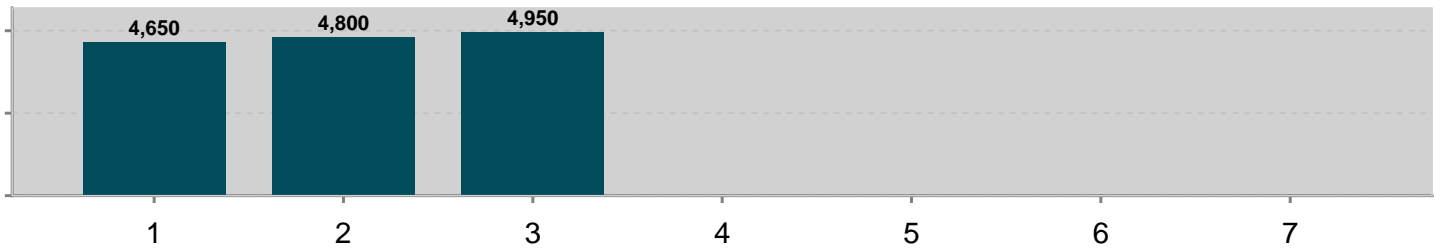
Seat: 5

Footpedal: 2

Notes

do 20 repetitions today

Total work



LTR Rotation

Configuration

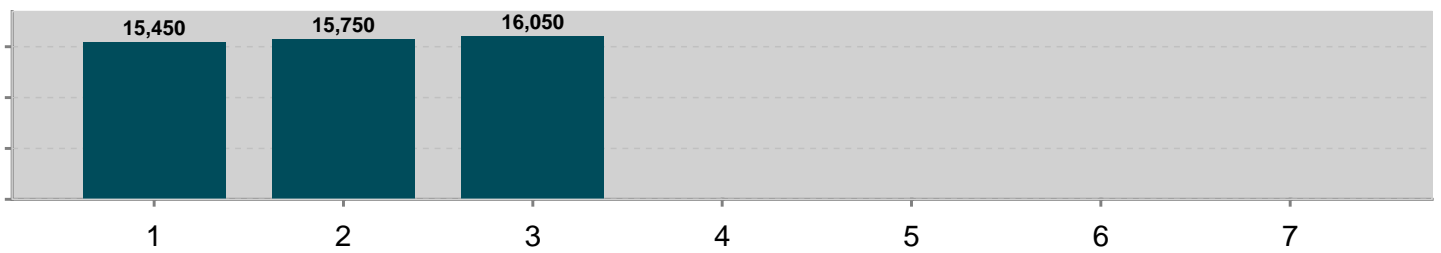
Load(lbs) : 10

Back: 5

Notes

do 20 repetitions on the left and 25 on the right today

Total work



LTR Lateral Flexion

Configuration

Load(lbs) : 10

Seat: 5

Shoulder: 3

Notes

do 14 repetitions on the left and 20 on the right today

Total work

