

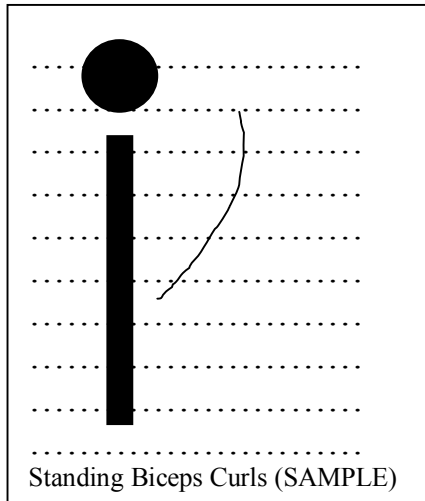
Full name:

City:

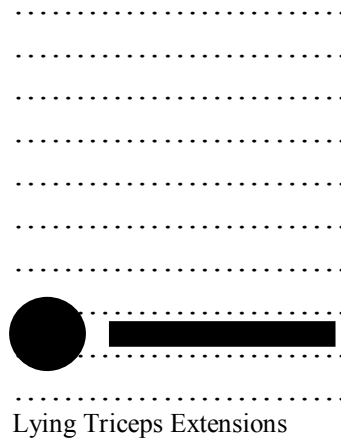
State:

Range of Motion

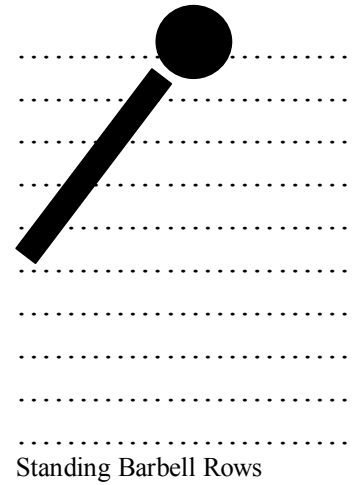
Draw a line that proportionately represents the complete range of motion for each exercise.



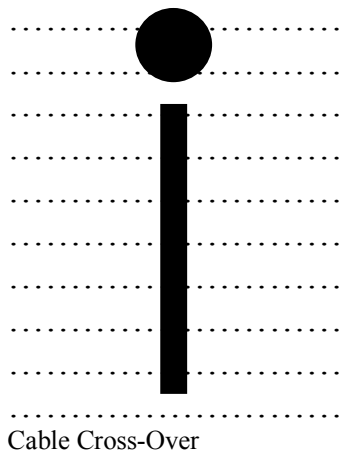
Standing Biceps Curls (SAMPLE)



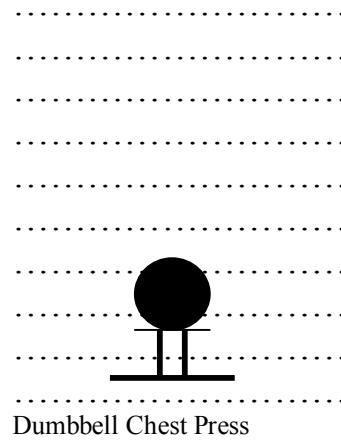
Lying Triceps Extensions



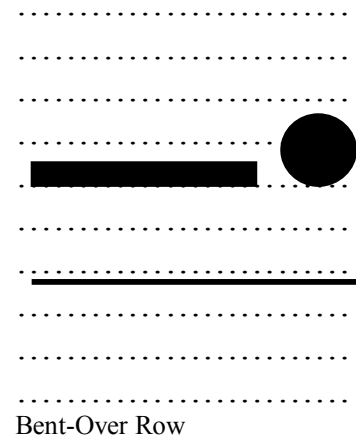
Standing Barbell Rows



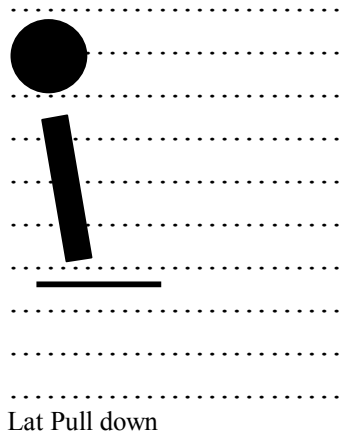
Cable Cross-Over



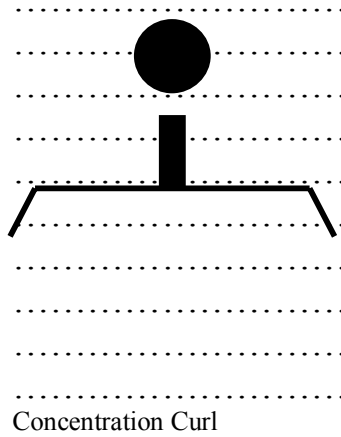
Dumbbell Chest Press



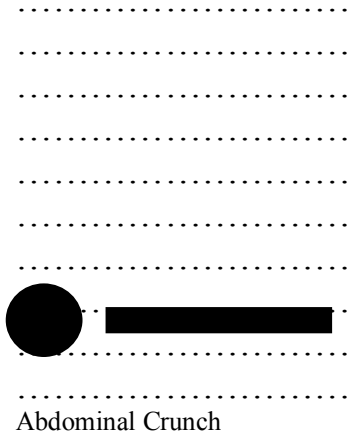
Bent-Over Row



Lat Pull down



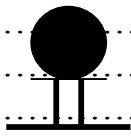
Concentration Curl



Abdominal Crunch

Range of Motion (Continued)

Draw a line that proportionately represents the complete range of motion for each exercise.



Dumbbell Chest Fly



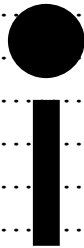
Dumbbell Shoulder Press



Triceps Pushdown



Dumbbell Chest Pull-Over



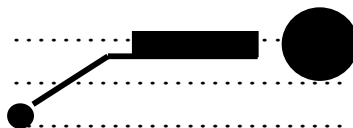
Shoulder Dumbbell Side Raise



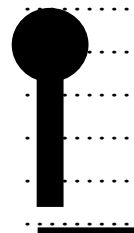
Shoulder Dumbbell Front Raise



Triceps Kickback



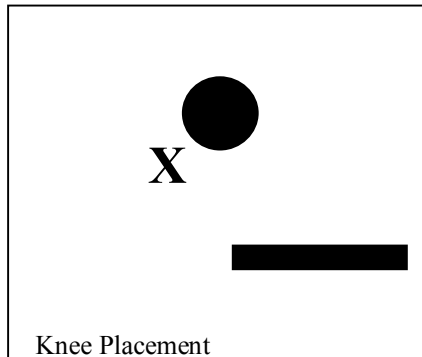
Prone Leg Curl



Seated Leg Extensions

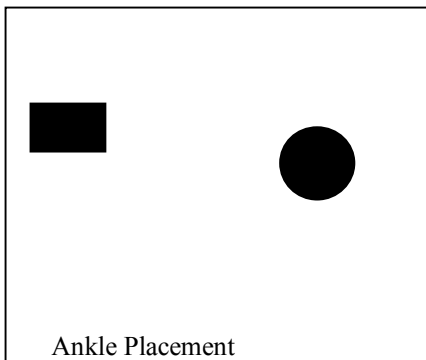
Joint Placement

Mark an (X) on the appropriate spot(s).



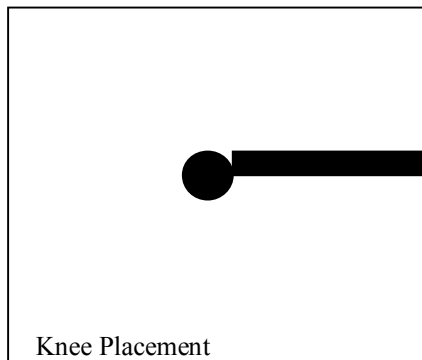
Knee Placement

Lat Pull down (SAMPLE)



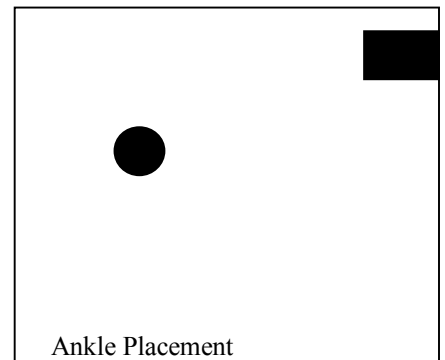
Ankle Placement

Hyperextension



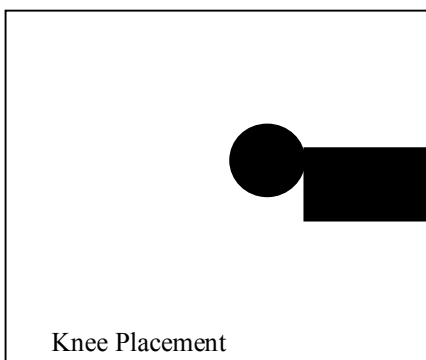
Knee Placement

Leg Curl



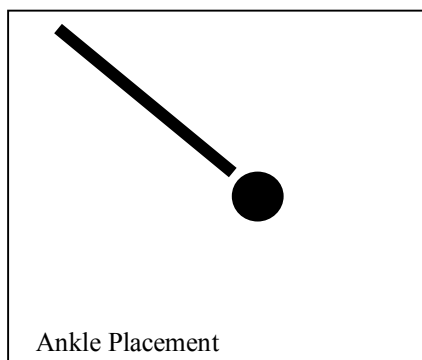
Ankle Placement

Leg Curl



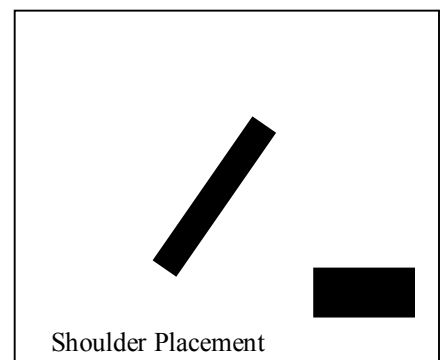
Knee Placement

Leg Extension



Ankle Placement

Leg Extension



Shoulder Placement

Preacher Curl

Hand Placement

Mark an (X) on the appropriate spot(s).

