

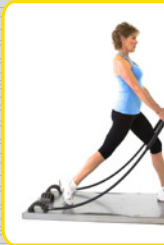




PHYSICAL THERAPY PROTOCOLS

ARC HOLE/INDEX POSITION | RECOMMENDED STIX FOR FEMALE USERS (♀) AND MALE USERS (♂) - X-LITE LITE MEDIUM HEAVY X-HEAVY

UPPER BODY

 <p>C3 ♀ ♂</p>	 <p>A3 ♀ ♂</p>	 <p>A3 ♀ ♂</p>	 <p>B4 (B5) ♀ ♂</p>
BILATERAL EXTERNAL ROTATION	BILATERAL INTERNAL ROTATION	REVERSE FLY FLUTTER	STANDING ROW
 <p>C4 (C5) ♀ ♂</p>	 <p>A4 ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>B4 ♀ ♂</p>
STANDING SCAPULAR ROW	KNEELING WIDE "W" PULL DOWN	SEATED PULL DOWN	ARCHER ROW (KNEELING)
 <p>B3 (C3) ♀ ♂</p>	 <p>B2 ♀ ♂</p>	 <p>B3 (B2) ♀ ♂</p>	 <p>B5 (B3) ♀ ♂</p>
STANDING DIP	SHOT-PUT PRESS (KNEELING)	STANDING PRESS	PUSH - PULL






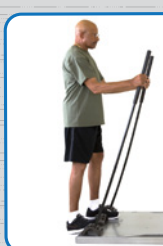


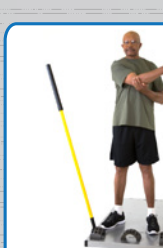



LOWER BODY

 <p>C1 (A1) ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>B3 ♀ ♂</p>	
SQUAT	ASSISTED SQUAT	FORWARD DRIVE	
 <p>C1 (B1) ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>C1 (B1) ♀ ♂</p>	
SPLIT SQUAT	ASSISTED SPLIT SQUAT	SIDE STEP UP	
 <p>C1 ♀ ♂</p>	 <p>C1 ♀ ♂</p>	 <p>E3 ♀ ♂</p>	 <p>C1 ♀ ♂</p>
DEADLIFT	1 LEG ROMANIAN DEADLIFT	REVERSE LUNGE WITH ROTATION	HIP ABDUCTION

CORE & SPINAL STABILITY

 <p>B2 ♀ ♂</p>	 <p>E2 & E4 ♀ ♂</p>	 <p>A3 & C3 ♀ ♂</p>	 <p>A2 & C2 ♀ ♂</p>
MARCHING	STANDING STIR THE POT	KNEELING OFFSET ROW	LYING OFFSET HOLDS
 <p>C2 ♀ ♂</p>	 <p>C2 ♀ ♂</p>	 <p>A2 ♀ ♂</p>	
LYING 90° KNEE HOLDS	LYING 90° KNEE MARCHING	SIDE PLANK CHEST FLY	

FLEXIBILITY

 <p>E3 ♀ ♂</p>	 <p>D3 ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>B3 ♀ ♂</p>
SEATED OBLIQUE/ QL STRETCH	OVERHEAD KNEELING HIP FLEXOR STRETCH	SEATED HAMSTRING STRETCH	SEATED ADDUCTOR STRETCH	SEATED LUMBAR DECOMPRESSION STRETCH	CALF STRETCH
 <p>A4 ♀ ♂</p>	 <p>B4 ♀ ♂</p>	 <p>A4 ♀ ♂</p>	 <p>C4 ♀ ♂</p>	 <p>♀ ♂</p>	 <p>B4 ♀ ♂</p>
WIDE ARM CHEST STRETCH	WIDE ARM BICEP STRETCH	REAR DELTOID CROSSOVER STRETCH	SEATED CROSSED BENT OVER LAT STRETCH	OVERHEAD TRICEPS STRETCH	SEATED PIRIFORMIS STRETCH