










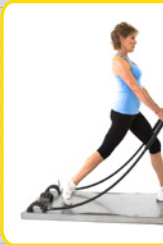



PHYSICAL THERAPY PROTOCOLS

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









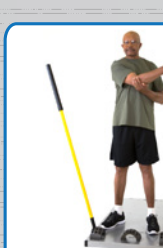



LOWER BODY

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

CORE & SPINAL STABILITY

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

FLEXIBILITY

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