

Personal Home Exercises: These exercises have been given to supplement your routine performed at the studio. They should be performed every (day/ alternate day) for 6-8 weeks. A great tip is to do them during ad breaks whilst watching TV. If unsure about any exercise please ask Monte.

Exercise:	Picture:	Reps:	Sets:	Comments:	Exercise (E) Stretch (S)
	Exercise Number 1:				
	Exercise Number 2:				
	Exercise Number 3:				
	Exercise Number 4:				
	Exercise Number 5:				
	Exercise Number 6:				

Gentle Exercise and Stretching Guidelines:

Do exercises smoothly, slowly and gently.
things Be patient with yourself
If anything hurts, stop immediately
Take your time, this will help with injury prevention
Ask Monte if unsure about any movement

Stretching:

Try doing exercises little and often, but don't overdo
Stretch and hold the muscle tension for 20-30 seconds
Hold the stretch steady and do not bounce
Exhale as you stretch, breath slowly and naturally
Never stretch past the point of pain
Do not rush through your stretching.
Enjoy your new mobility

**Home Diary: Please tick the box daily, on completion of each exercise.
Please return the exercise forms to Monte on the completion of the program for your record keeping. (personal photocopies are allowed)**

Commencement Date:

Wk 1 Day 1	2	3	4	5	6	7	Wk 2 Day 1	2	3	4	5	6	7	Wk 3 Day 1	2	3	4	5	6	7	
Ex 1:																					
Ex 2:																					
Ex 3:																					
Ex 4:																					
Ex 5:																					
Ex 6:																					

Keep up the good work you are half way through this home program. 😊

Wk 4 Day 1	2	3	4	5	6	7	Wk 5 Day 1	2	3	4	5	6	7	Wk 6 Day 1	2	3	4	5	6	7	
Ex 1:																					
Ex 2:																					
Ex 3:																					
Ex 4:																					
Ex 5:																					
Ex 6:																					
Bonus Ex																					

Well done!! 😊😊 Please ask for your next program, if desired / required.