

# Beginning Program: D31210

Met: .....

BMC: 23 .....

Met: 6:59

Met: 36

Side: Left ~~Yes~~ Right ~~Yes~~

Met: 11

Left: 5  
Right: 5

End of Program PED 420

Post

BMI: 22 Healthy

Height: 5'9

Weight: 150

RHR: 61

• Curl Up: 75

\* Push Up: 16

Trunk Lift: 12

• Shoulder Stretch: Yes both sides

• Sit and Reach: L 3 R 3