

Beginning Program: D31210

Met:

BMC: 23

Time: 6:59

Age: 36

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

Temp: 11

Left: ~~B~~
Right: ~~E~~

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