

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg	Set:							
Raise	Rep:							
Hip Abduction	Set:							
& Adduction	Rep:							
Bridging	Set:							
Bhaging	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External Rotation of the	Set:							
Shoulder	Rep:							
Elbow Elovion	Set:							
Elbow Flexion	Rep:							
Making a Fist	Set:							
	Rep:							



Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg	Set:							
Raise	Rep:							
Hip Abduction	Set:							
& Adduction	Rep:							
Bridging	Set:							
Bridging	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External	Set:							
Rotation of the Shoulder	Rep:							
	Set:							
Elbow Flexion	Rep:							
Making a Fist	Set:							
	Rep:							



Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
Otalic Quads	Rep:							
Straight Leg	Set:							
Raise	Rep:							
Hip Abduction	Set:							
& Adduction	Rep:							
Bridging	Set:							
Dhuging	Rep:							
Frontal Raise	Set:							
FIUITIAI RAISE	Rep:							
Lateral Raise	Set:							
	Rep:							
External	Set:							
Rotation of the Shoulder	Rep:							
Elbow Flexion	Set:							
	Rep:							
Making a Fist	Set:							
	Rep:							



Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dorsiflexion & Plantarflexion	Set:							
	Rep:							
Static Quads	Set:							
	Rep:							
Straight Leg	Set:							
Raise	Rep:							
Hip Abduction	Set:							
& Adduction	Rep:							
Bridging	Set:							
Dhaging	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
External	Set:							
Rotation of the Shoulder	Rep:							
Elbow Flexion	Set:							
	Rep:							
Making a Fist	Set:							
	Rep:							



Short Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?

Long Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?