

**Tools RG**  
Know how to show how

# You Can Personalise This Text Your Clinic Name Here

Your address

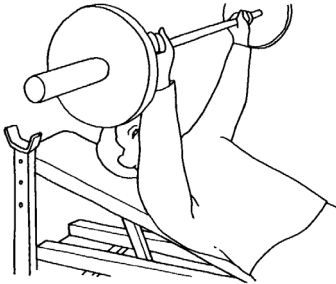
Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

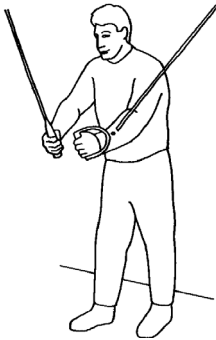
Weight Training

Provided by : Your Name



- ~ Add your own pictures and text
- ~ Edit and save existing text and pictures
- ~ Flip the pictures to show either side
- ~ Change the size of the text - ideal for the visually impaired
- ~ Print 1, 2, 5 or 10 items per page
- ~ Print a personal training diary and/or miniature summary for your records
- ~ Text can be printed in 16 different languages at no additional charge
- ~ Store often used protocols for later use
- ~ Video clips included Inclined Bench Press

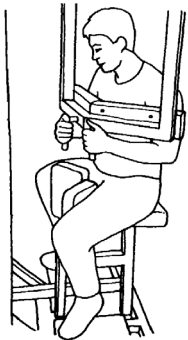
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## Cable Crossover

Stand between two upright high pulley machines, in a split stance. Grip the D handles of each of the machine wires in the high position. Exhale as you pull your straight arm down and forwards to a position in front of your waist. Pause and then raise the arms again allowing the weights to lower back into their starting position.

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## Sitting Trunk Rotation

Position yourself in the machine for comfort. Twist to the right and then to the left, keeping the spine in an upright position. Pause and adjust the machine to its left setting and then twist in the opposite direction.

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## One Arm Dumbbell Row

Half kneel on a bench with your right knee and right arm on the bench, left leg straight with your foot on the floor. Grip a light dumbbell, and pull it upwards towards chest level, pause and then lower.

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