

(teamchiro.com/workshops/)
ADVANCED EXERCISE
Worksheet

Answer the following questionnaire and bring it back to your next chiropractic appointment to receive 1 attendance credit for a workshop!!!

1. Proper Structure = Proper _____!

2. Name one benefit from doing Peak 8: _____

3. How do you do Peak 8?
_____ mins of warm-up
_____ seconds of blast
_____ seconds of cool down
Repeat ____ times

4. Do NOT do Peak 8 until you build up a _____!

5. _____ workout means to work 1 muscle while you rest the opposite muscle (ex: push/pull).

6. Traditional workout (long duration/slow recovery) improves _____ and decreases stress level.

7. When doing the Foundation exercise, you are working your largest muscles to increase metabolism. Answer True or False:
_____ Perform 5 reps in this exercise.
_____ Do the first set to burnout.

8. _____ lunge exercise is an example of a proprioception and balance exercise which helps regain balance and decrease falls and injuries due to balance issues.

9. _____ before and after a workout.

Office Use Only:

Ledger charge Ledger charge Quick reference Scan Stats WS folder