Lantionpohjan lihasten harjoituspäiväkirja

Merkitse tähän päiväkirjaan tekemiesi lantionpohjanlihasten harjoitteiden toteutuminen. Voit jakaa päivän harjoitukset 1-3 osaan itselle sopivalla tavalla. Tee harjoitukset fysioterapeutin ohjeistuksen mukaisesti. Harjoittele \_\_\_\_\_\_\_\_\_ päivänä viikossa.



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| sarjojen välinen tauko: |  |  |  |  |

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Huomiot:

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Merkitse tehtyjen supistusten määrä / päivä.

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