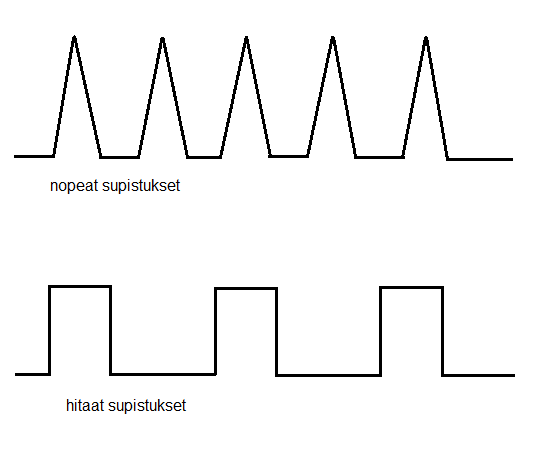
Lantionpohjan lihasten harjoituspäiväkirja

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.

[](http://www.google.fi/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwiZraSNvfnVAhXBNpoKHXsNDBMQjRwIBw&url=http://www.newhealthadvisor.com/exercises-for-lower-back.html&psig=AFQjCNGrCHJ62xrOd9mQuA1LKMzRQ-rc6A&ust=1503994146216185)

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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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