Dialyysiryhmän kuntosalikortti

|  |  |
| --- | --- |
| **Kuntosaliohjelma** | **Nimi:** |
|  | **Kuntopyörä**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **vastus** | **pvm** | **vastus** | **pvm** | **vastus** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
| C:\Users\reettala\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\LDEAEOZO\20170531_101423.jpg | **Takareisipenkki**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **vastus** | **pvm** | **vastus** | **pvm** | **vastus** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
|  | **Etureisipenkki**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **vastus** | **pvm** | **vastus** | **pvm** | **vastus** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
|  | **Soutuliike seisten/ istuen**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **vastus** | **pvm** | **vastus** | **pvm** | **vastus** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
|  | **Pystypunnerrus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **paino** | **pvm** | **paino** | **pvm** | **paino** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| C:\Users\reettala\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\LDEAEOZO\20170531_101559.jpg | **Vatsalihaslaite**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **vastus** | **pvm** | **vastus** | **pvm** | **vastus** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
|  | **Selkälihaslaite**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **pvm** | **vastus** | **pvm** | **vastus** | **pvm** | **vastus** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
| C:\Users\reettala\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\LDEAEOZO\20170531_101658.jpg | **Kiertopenkki**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| pvm | vastus | pvm | vastus | pvm | vastus |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

 |
|   | **Tasapaino** |
|  |  |