Dialyysiryhmän kuntosalikortti

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| **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** | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |
|  |  |