

“Connecting to Wellness” Cheat Sheet

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

STRENGTH TEST - MRULFB

Strength UPPER AND LOWER BODY: Lift *MINIMUM RESISTANCE*: weight (10lbs) or elastic band (blue Synergy at our office) 8 times (reps) and **check if performed every week (2 to 3 times a week).**

Bench Press: _____ Biceps Curl: _____ Triceps Curl: _____ Reverse Fly: _____

Quadriceps: _____ Hamstrings: _____ Calves: _____ each 2 to 3 X a week

Neck Muscles: Using a 22cm Synergy ball (or comparable size) available at our office do minimum (3 times) amount of reps 2 to 3 times a week: _____ 2 to 3 X a week

STRENGTH FRONT: Abdominals: Do minimum (20 times) sit-ups at one time without rest 2 to 3 times a week. Check if performed.

Sit Ups: _____ 2 to 3 X a week

STRENGTH BACK: Back Extensors: Do minimum (8 times) back extension exercises 2 to 3 times a week. Check if performed.

Superman Exercise: _____ or Elastic Band Back Extension Exercise: _____
2 to 3 X a week

See Rehab Sheet for Picture of Exercise

If you performed all upper, lower, front and back exercises, MRULFB, with minimum resistance 2 to 3 times a week score yourself a 3. MRULFB once a week score is a 2.
MRULFB less than every week or can not do minimum resistance score yourself a 1.

MRULFB not performed weekly

MRULFB > than 2to3 week

MRULFB Performed

1
SICKNESS · CRISIS

2
AVERAGE

3.
PREVENTION · WELLNESS

www.connectingtowellness.com

RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __YEAR

DATE _____ NAME _____

MRULFB TEST	SCORE	
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