



# Back To Life Chiropractic

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## 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 Exercises at [backtolifechiropractic.com](http://backtolifechiropractic.com)*

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

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
<a href="http://www.BackToLifeChiropracticKY.com">www.BackToLifeChiropracticKY.com</a>		

RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR \_\_ YEAR

MRULFB TEST	SCORE	
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DATE \_\_\_\_\_ NAME \_\_\_\_\_