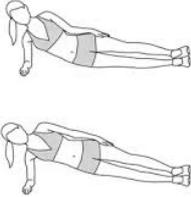
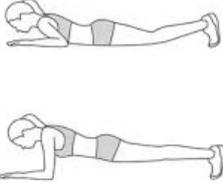


Quantitative Functional Capacity Endurance Training

Exercise	You Achieved	Train At 50%	Aiming For
<p style="text-align: center;">Side Plank</p> 	<p style="text-align: center;">Left</p> <p style="text-align: center;">Right</p>		<p>45 secs</p>
<p style="text-align: center;">Forward Plank</p> 			<p>Males 90 secs</p> <p>Females 60 secs</p>
<p style="text-align: center;">Trunk Flexor</p> 			<p>50 secs</p>
<p style="text-align: center;">Back Extensor</p> 			<p>60 secs</p>
<p style="text-align: center;">1 Leg Balance</p> 			<p>60 secs eyes open</p> <p>30 secs eyes closed</p>
<p style="text-align: center;">Co-C1 Flexion</p> 			