

McLaren Print System Order

Order No: 46099
 Order Date: 2019-06-10
 User: Lisa Jaeger
 Phone: 586-493-3544

Ship Location: McLaren Macomb Attn: Lisa Jaeger, LL Multimedia Services
 1000 Harrington Blvd.
 Mount Clemens, MI 48043

Forms

Quantity: 500
 Paragon Dept No: 40110
 Dept Name: Multimedia Services
 Company Number: 260

Order Total Price: 36.40

Item Number: M-17322-B
 Item Description: Weight Training
 Revision Date: 6/2019
 Print: 2 sided black and white
 Paper: 65# White Cover
 Size: 8.5 x 11
 Fold:
 Finish: None
 Drill: 5 Hole Top
 Misc Info: ds; black & white; 65# cover

MCLAREN MACOMB
 Mount Clemens, Michigan
 PULMONARY REHABILITATION
 WEIGHT TRAINING

		DATE:							
TRICEP EXTENSION	Reps	Weight							
	Reps	# of Reps							
ARM CURL	Reps	Weight							
		# of Reps							
LEG EXTENSION	Reps	Weight							
		# of Reps							
SEATED LEG CURL	Reps	Weight							
		# of Reps							
LOWER BACK Bend to Front	Reps	Weight							
		# of Reps							
LOWER BACK Bend to Back	Reps	Weight							
	Reps	# of Reps							
LAT ROW	Reps	Weight							
		# of Reps							
VERTICAL BENCH	Reps	Weight							
		# of Reps							
MULTI HP	Reps	Weight							
	Reps	# of Reps							
Spec Info:	Reps	Weight							
		# of Reps							

