

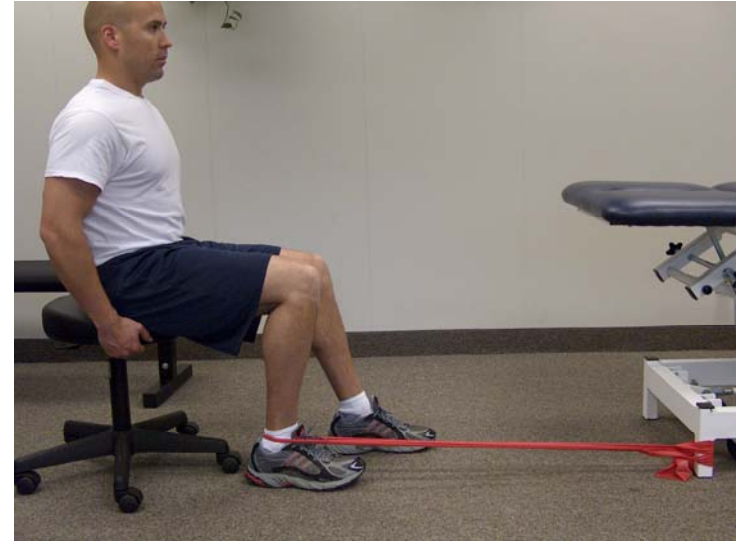
# MARIN PHYSICAL THERAPY

## Hamstring Strengthening

\_\_\_\_ Sets of \_\_\_\_ Repetitions



Start



Finish