

McLaren Print System Order

Order No: 47447 Reprint Previous Order No: 7546
 Order Date: 2019-08-01
 User: susan jackson
 Phone: 8103425370

Ship Location: McLaren Pulmonary Rehab
 G 3230 Beecher Road lower level
 Flint, Michigan 48532,

Forms

Quantity: 100
 Paragon Dept No: 40110
 Dept Name: Pulmonary Rehab
 Company Number: 60

Order Total Price: 7.28

Item Number: M-17322-A
 Item Description: Pulmonary Rehabilitation
 Revision Date: 8/2016
 Print: 2 sided black and white
 Paper: 65# White Cover
 Size: 8.5 x 11
 Fold:
 Finish: None
 Drill: 5 Hole Top
 Misc Info:

McLAREN FLINT
 Flint 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 | | | | |
| | Knee | # of Reps | | | | |
| LAT ROW | Reps | Weight | | | | |
| | | # of Reps | | | | |
| VERTICAL BENCH | Reps | Weight | | | | |
| | | # of Reps | | | | |
| MULTI HP | Upper | Weight | | | | |
| | High Rep | # of Reps | | | | |
| LEG PRESS | Back Rest | Weight | | | | |
| | | # of Reps | | | | |

