

McLaren Print System Order

Order No: 53233 Reprint Previous Order No: 7546
 Order Date: 2020-03-10
 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				
	Reps # of Reps					
SEATED LEG CURL	Reps	Weight				
	Reps # of Reps					
LOWER BACK Bend to Front	Reps	Weight				
	Reps # of Reps					
LOWER BACK Bend to Back	Reps	Weight				
	Reps # of Reps					
LAT ROW	Reps	Weight				
	Reps # of Reps					
VERTICAL BENCH	Reps	Weight				
	Reps # of Reps					
MULTI HP	Reps	Weight				
	Reps # of Reps					
LEG PRESS	Reps	Weight				
	Reps # of Reps					

