

LYMPHATIC MASSAGE CHART

LYMPHATIC MASSAGE REFERENCE VALUES

Exercise:		Sets x reps:	
Range / notes:		Source and date checked:	
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Range / notes:		Source and date checked:	
Approved by:		Date approved:	dd / mm / yyyy

RECORDING

Date: _____ dd / mm / yyyy **Time:** _____
Exercise: _____ **Sets x reps:** _____
Recorded by: _____ **Date:** _____ dd / mm / yyyy

