

PHYSICIAN CONSENT
HYMES FITNESS CENTER
DOCTOR FRANKLIN PERKINS SCHOOL

NAME: _____

DATE: _____

Hymes Fitness Center contains strength and cardiovascular equipment. The **STRENGTH** equipment includes Keiser Air (pneumatic units): Squat, Leg Curl, Leg Extension, Seated Row, Chest Press, Military Press, Seated Butterfly, Lateral Shoulder Raise, Tricep Extension, Arm Curl, Lat Pull-down, and a plate loaded Abdominal/Torso machine. The **CARDIOVASCULAR** equipment includes: Life cycles, Recumbent bikes, Treadmills, and Elliptical machines.

CONTRAINDICATIONS: _____

COMMENTS: _____

PHYSICIAN SIGNATURE: _____

DATE: _____