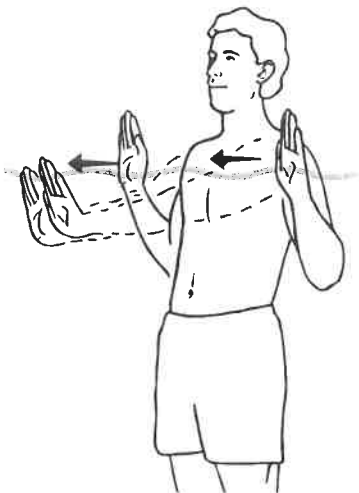


UPPER BODY - 9
Shoulder / Elbow Forward Press

Hold hands up, palms forward, elbows bent. Straighten both elbows, pushing hands forward.

Repeat 10 times per session. goal = 2 - 3 sets.
2-3 sessions per week.

___ Position: Standing



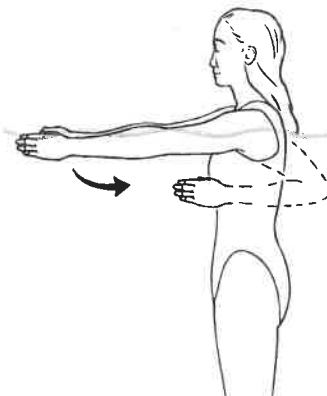
UPPER BODY - 10
Shoulder / Elbow Pull-Back

Hold arms forward at chest level, thumbs up. Pull both arms back, bending elbow as if rowing.

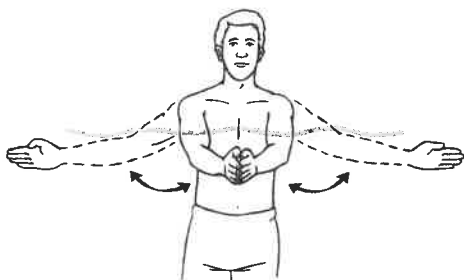
Repeat 10 times per session. goal = 2-3 sets.
Do 2-3 sessions per week.

___ Hand Variation:
___ Palms up

___ Position: Standing



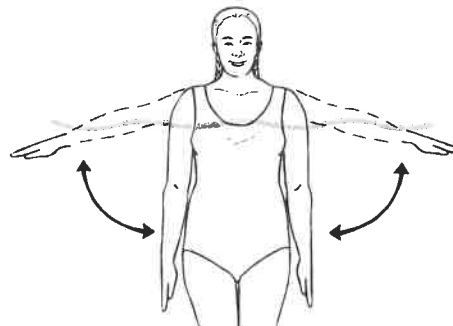
UPPER BODY - 1
Shoulder Horizontal Abduction / Adduction, Elbows Straight



Hold arms forward at chest level, elbows straight, thumbs up. Move both arms apart, out from midline. Then move arms forward to start position.

Repeat sequence 10 times per session. goal = 2 - 3 sets.
Do 2-3 sessions per week.

UPPER BODY - 2
Shoulder Lateral Abduction / Adduction, Elbows Straight



With arms at sides, thumbs forward, lift both arms out from sides to chest height. Then pull arms down to start position.

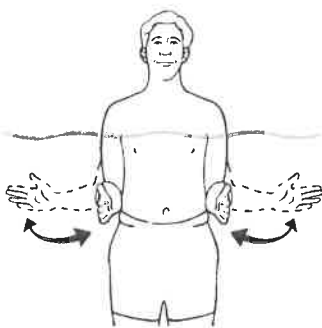
Repeat sequence 10 times per session. goal = 2-3 sets.
Do 2-3 sessions per week.

UPPER BODY - 13
Shoulder External / Internal Rotation, Elbows Bent

With elbows bent at 90° and close to body, thumbs up, move hands out, rotating at shoulders. Then move hands back to start, keeping elbows tucked.

Repeat sequence 10 times per session. goal 2 - 3 sets.
Do 2-3 sessions per week.

___ Position: Standing

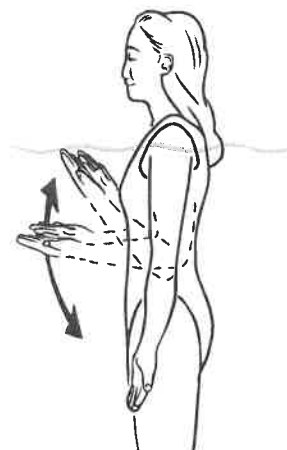


UPPER BODY - 18
Elbow Flexion / Extension

Hold arms at sides, palms forward. Bend both elbows, bringing hands toward shoulders. Then straighten to start position.

Repeat sequence 10 times per session. goal 2 - 3 sets.
Do 2-3 sessions per week.

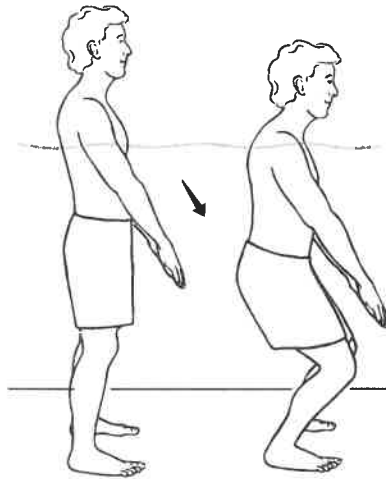
___ Position: Standing



LOWER BODY - 17
Squat

Bend both knees
lowering body.
Straighten knees
and raise body.

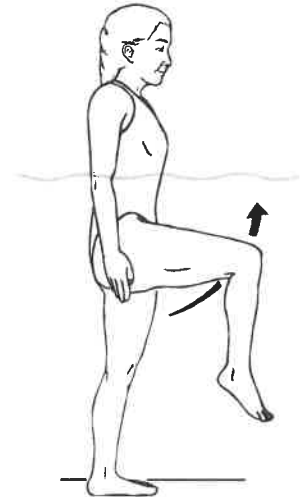
Repeat 10 times
per session. 2-3 sets
Do 2-3 sessions
per week.



LOWER BODY - 2
Hip Flexion, Knee Bent

Lift right leg toward chest
with knee bent.

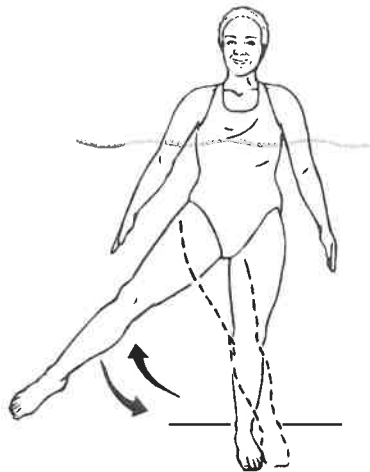
Repeat 10 times per session
2-3 sets..
Do 2-3 sessions per week.



LOWER BODY - 9
Hip Lateral Abduction / Adduction Past Midline

Lift right leg out to side.
Then pull same leg across
front of other leg.

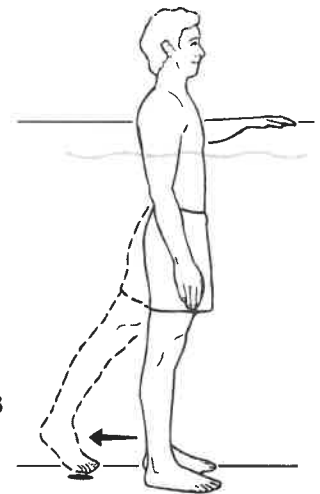
Repeat sequence 10 times
per session.
Do 2-3 sessions per
week. goal 2 sets



LOWER BODY - 5
Hip Extension, Knee Straight

Move right straight leg back.

Repeat 10 times per session. 2-3
sets.
Do 2-3 sessions per week.



LOWER BODY - 15
Knee Flexion / Extension

Lift left heel toward buttocks,
keeping knee straight down
from hip. Straighten knee,
pushing foot down
to start position.

Repeat sequence 10 times
per session. 2-3 sets
Do 2-3 sessions per week.



LOWER BODY - 24
Toe / Heel Raise

Gently rock back on heels and raise toes. Then rock forward
on toes and raise heels.

Repeat sequence 10 times per session. 2-3 sets
Do 2-3 sessions per week.

