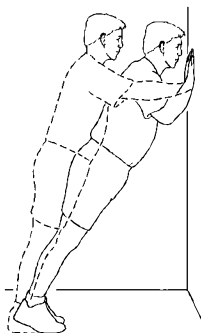


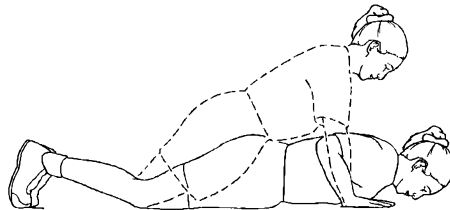
UPPER EXTREMITY - 7 Wall Push-Up: Double Arm

Stand 3 feet from wall with both hands on wall. Perform a push-up.



Repeat 8 times per set. Rest 30 seconds after set. Do 2 sets per session.

UPPER EXTREMITY - 15 Push-Up: Four Point



Hands and knees on floor, perform a push-up. Repeat 6 times per set. Rest 30 seconds after set. Do 2 sets per session.

YOGA - 25 Locust I



Lie prone, face down, arms at sides. Inhale and lift torso and legs. Reach arms straight back and look forward. Exhale and lower. Hold for 5 breaths. Repeat 5 times.

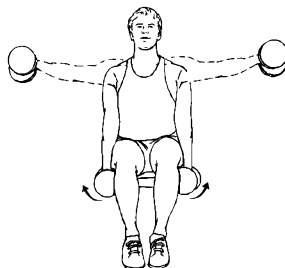
SHOULDERS - 1 Standing Press

With palms facing ears, press to straight arm position, rotating palms to face forward at top of movement.



Complete 8 repetitions. Do 2 sets.

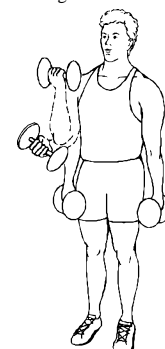
SHOULDERS - 9 Seated Lateral Deltoid Raise



With arms slightly bent, raise dumbbells to just above shoulder height. Complete 8 repetitions. Do 2 sets.

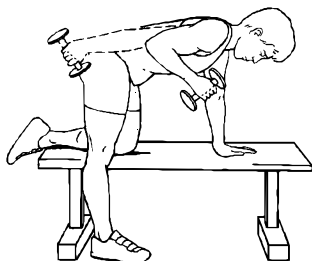
ARMS: BICEPS - 1 Standing Alternating Curl

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



Complete 8 repetitions. Do 2 sets.

ARMS: TRICEPS - 1 Bent-Over Kickback



Straighten arm backward to elbow-locked position. Repeat with other arm. Complete 8 repetitions. Do 2 sets.

ARMS: TRICEPS - 3 Standing Two-Arm Extension

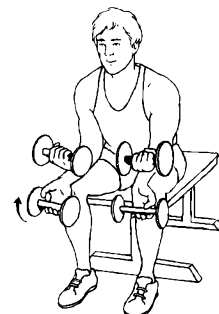
Grip dumbbell with overlapping hands. Keeping elbows up and stationary, extend arms to straight arm position.



Complete 8 repetitions. Do 2 sets.

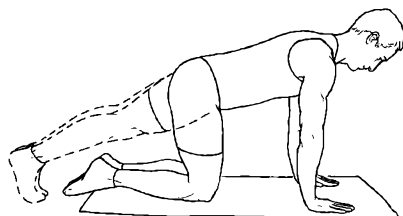
ARMS: FOREARMS - 3 Wrist Curl

With palms facing upward, flex wrists up toward body.



Complete 2 repetitions. Do 8 sets.

BEGINNER - 37 Front Arm Support



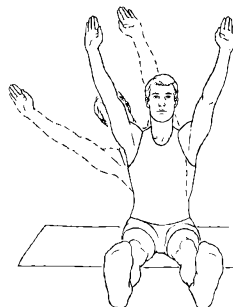
On hands and knees, extend right then left leg to push-up position. Keep body in straight line. Hold 15-30 seconds. Repeat 2 times. Do 2 sessions per day.

BEGINNER - 25 Parallel Side Lean (Beginner / Intermediate)

Sit straight, arms and legs extended, palms forward, feet flexed. Exhale, leaning to side, both hips on mat. Inhale, returning.

Repeat 6 times, alternating side. Do 2 sessions per day.

*BEGINNER: Bend knees slightly and bend arms so hands touch shoulders.*



BEGINNER - 20 Twist

Sit up straight, legs pressed together, feet flexed. Reach arms out to sides, palms forward. Exhale, twisting twice to one side. Inhale, returning. Keep arms straight, legs pressed together.

Repeat 6 times, alternating sides. Do 2 sessions per day.

