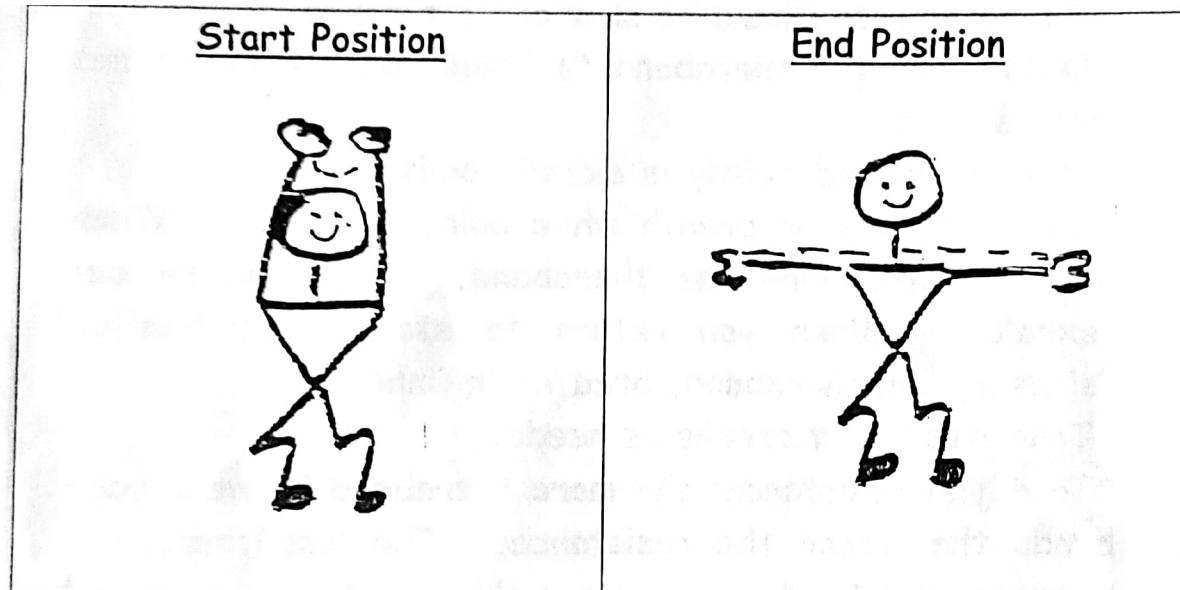


WARM-UP:

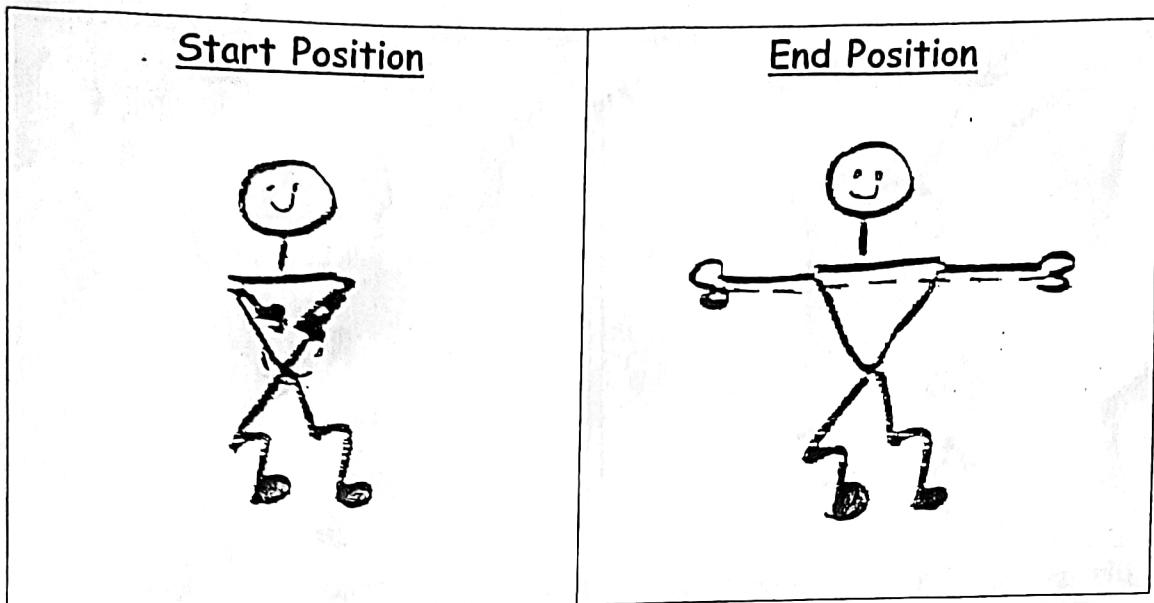
- 5 SHOULDER SHRUGS
- 5 SHOULDER CIRCLES FORWARD
- 5 SHOULDER CIRCLES BACKWARD



Begin with hands high over head. Pull arms down and out to the side. Theraband will end up either against the back of your shoulders or against the front of your shoulders.

_____ Set(s)

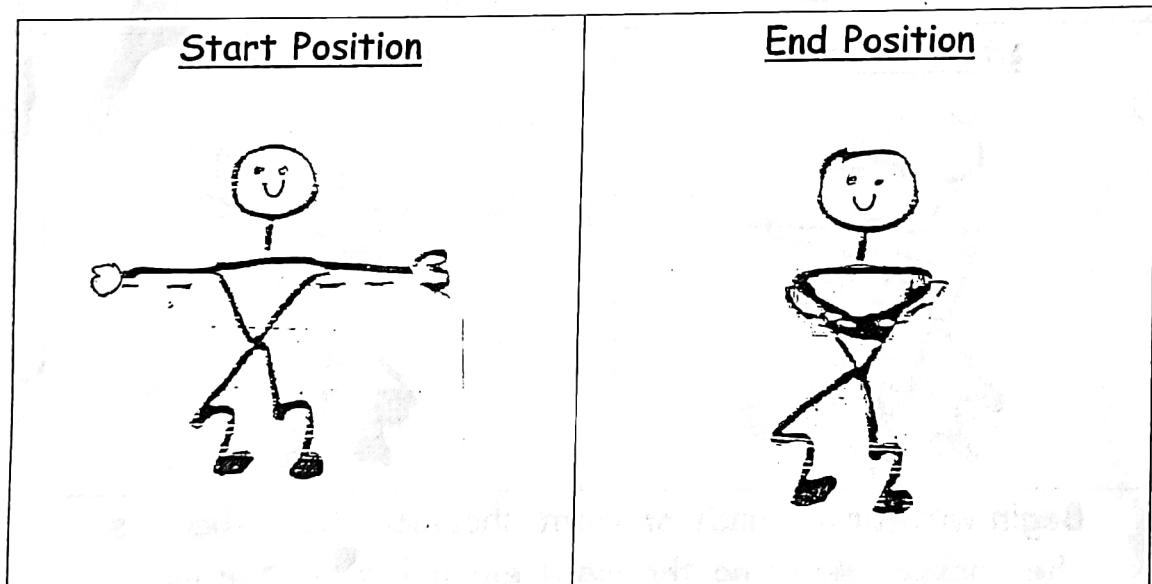
_____ Repetitions



Begin arms straight out in front, elbows straight, fists together. Stretch arms out to sides, bringing theraband across chest.

_____ Set(s)

_____ Repetitions



Begin with theraband behind shoulder blades. Keep arms straight and touch fists together in front.

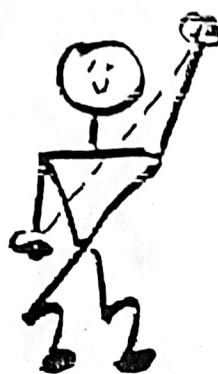
_____ Set(s)

_____ Repetitions

Start Position



End Position



Begin with both hands on the left knee. Left hand is the anchor. Keep right arm straight and raise it high over the right shoulder. Then switch sides.

Set(s)

Repetitions

Start Position



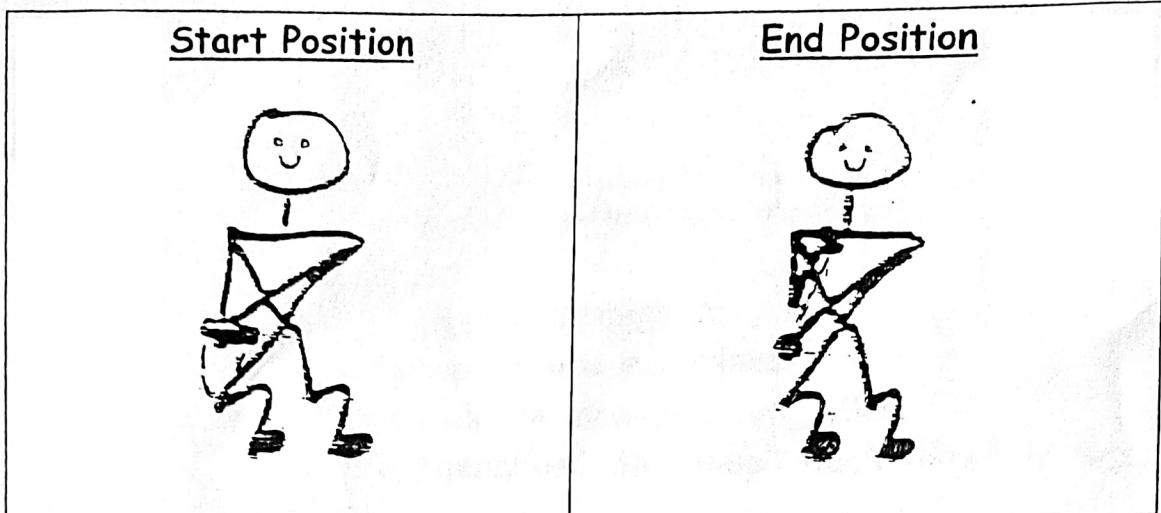
End Position



Begin with both hands on right shoulder. Left hand is the anchor. Keeping the right elbow high in the air, straighten the right arm. Then switch sides. (Another way of doing this exercise is to hold your arm tight to your side or back slightly behind your torso).

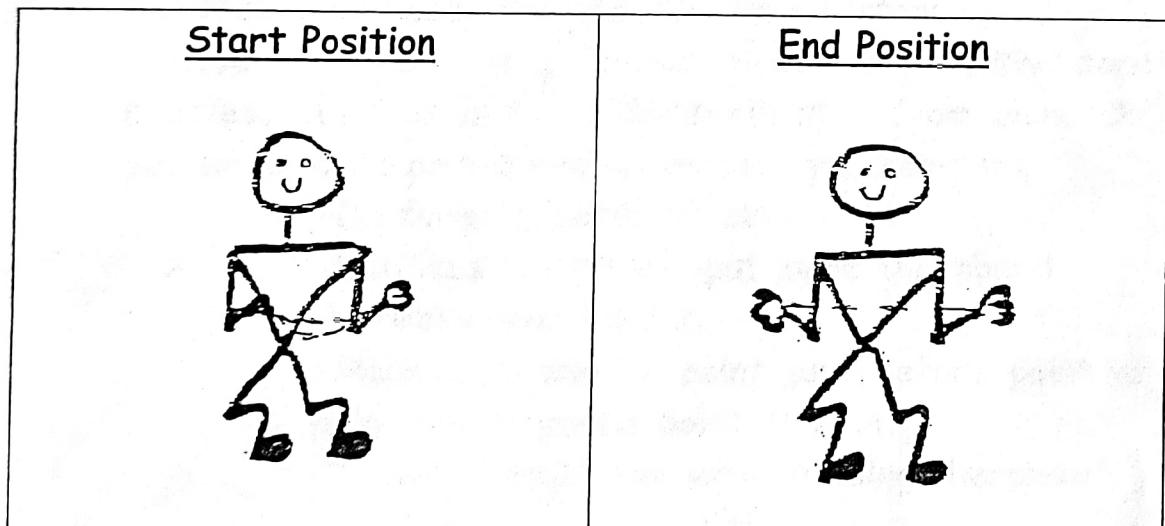
Set(s)

Repetitions



Begin with both hands on the right knee, left hand is the anchor. Bend right elbow and touch the right hand to the right shoulder. Another way of doing this exercise is to step on the end of the theraband with your right foot to hold it down instead of anchoring it with your left hand. Then switch sides.

_____ Set(s) _____ Repetitions



Begin with elbows tight at sides at the same time, pull each hand (not elbows) out to the sides. The movement is small.

_____ Set(s) _____ Repetitions