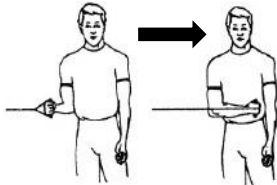
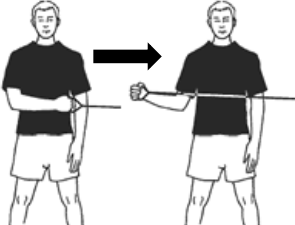
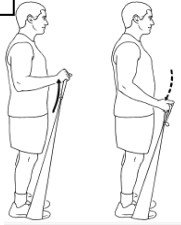
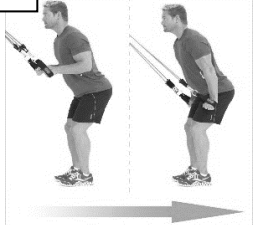
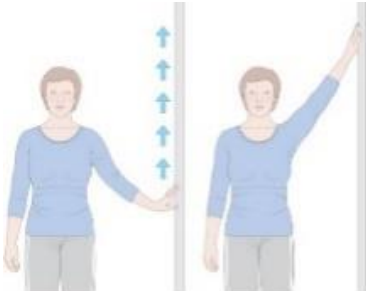
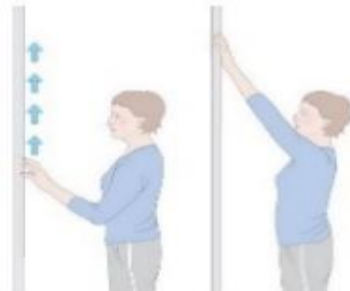
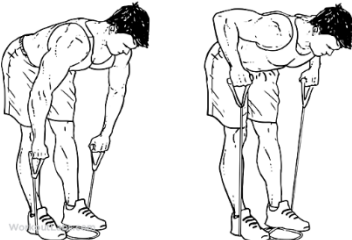


## SHOULDER EXERCISES

Note: L+R= left and right side

1		2		3		4	
20 reps, 3 sets (L+R)		20 reps, 3 sets (L+R)		20 reps, 3 sets (L+R)		20 reps, 3 sets (L+R)	

5	 <small>Diagrams showing how to use the band as a resistance band. Copyright © Coriell Health, LLC</small>	6	 <small>Copyright © Coriell Health, LLC</small>	7	
Hold 10s up, 5s down, 3 sets		Hold 10s up, 5s down, 3 sets		10 reps, 3 sets	