

BICEPS - 7 Curl: Standing - Forward

Face away from anchor in stride stance. Palms forward, curl arms.

Repeat 10 times per set.
Do 1 sets per session.
Do 10 sessions per week.

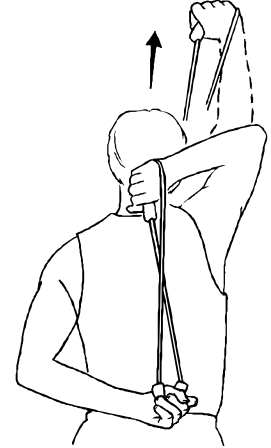


Anchor Height: Ankle

TUBING LOOP - 20 Triceps Press: Behind Back (Single Arm)

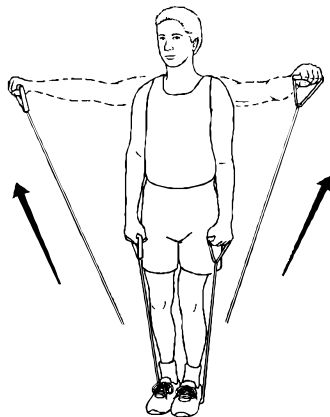
In shoulder width stance, anchor tubing behind back. Straighten other arm over head, ending palm up.

Repeat 10 times per set.
Repeat with other arm.
Do 1 sets per session.
Do 10 sessions per week.



SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

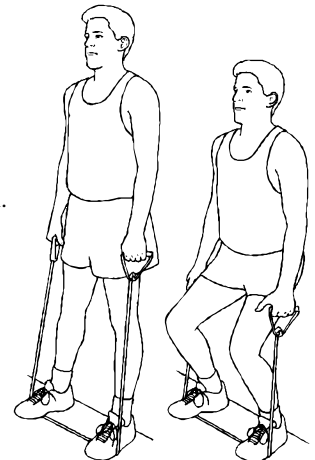


Repeat 10 times per set.
Do 1 sets per session.
Do 10 sessions per week.

REHAB: LOWER EXTREMITY - 4 Wall Squat: Tubing

Anchor tubing under feet in shoulder width stance. Slide down wall into squat position.

Repeat 10 times per set.
Do 1 sets per session.
Do 10 sessions per week.



General Tips

Keep non-exercising hand on hip for stability.

Do not lock elbows for upper extremity press exercises.

Keep abdominals tight to help stabilize trunk.

Keep knees slightly bent for stability.

Always stay in pain free range.