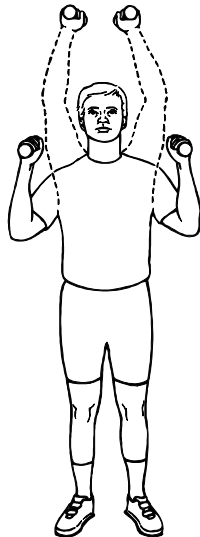


STRENGTHENING - 12 Shoulder Press

Stand or sit with arms bent, hands at shoulder level. Inhale, then while exhaling, extend arms toward ceiling. Slowly return to starting position.

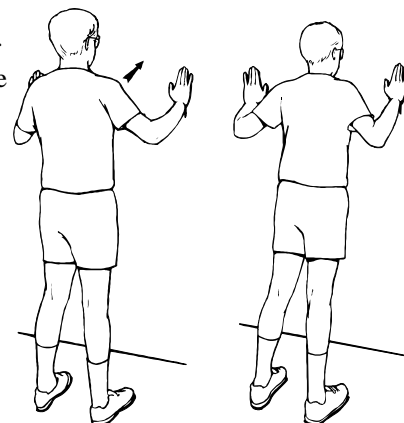
Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.



STRENGTHENING - 7 Wall Push

Stand at arm's length from wall, feet shoulder width apart. Inhale while gently leaning toward wall. Exhale while pushing back to starting position.

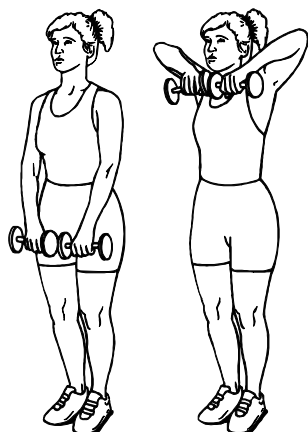
Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.



STRENGTHENING - 16 Rowing (Upright)

Stand or sit with arms down, palms toward thighs. Inhale, then while exhaling, lift hands under chin. Slowly return to starting position.

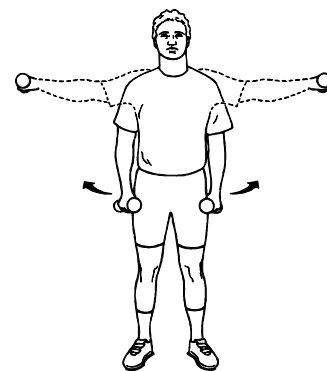
Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.



STRENGTHENING - 15 Lateral Raise

Stand or sit with arms at sides. Inhale, then while exhaling, lift hands to shoulder height, arms straight. Slowly return to starting position.

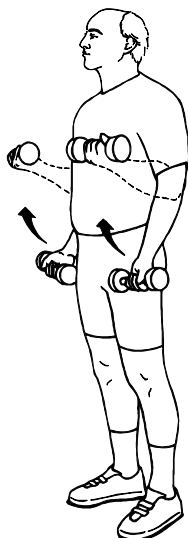
Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.



STRENGTHENING - 1 Arm Curl

Sit or stand with feet shoulder width apart, arms straight down at sides, palms forward. Inhale, then exhale while slowly curling weights toward shoulders and keeping elbows touching torso. Slowly return to starting position.

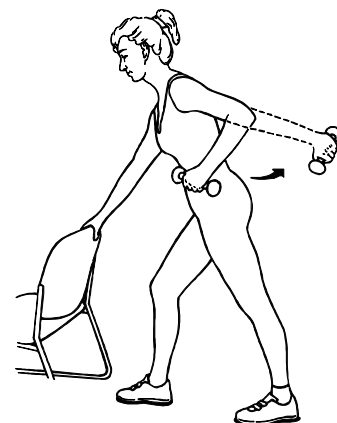
Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.



STRENGTHENING - 13 Elbow Extension

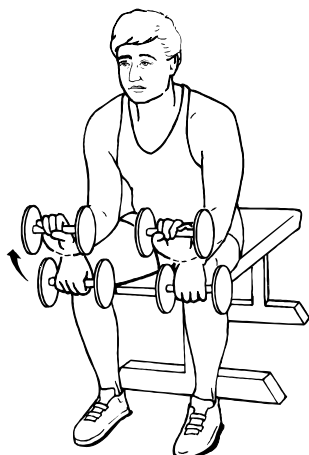
Stand or sit with one arm bent at 90°, elbow back, palm facing side. Inhale, then exhale while extending lower arm back, keeping upper arm still. Slowly return to starting position.

Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.



STRENGTHENING - 14 Wrist Curl (Reverse)

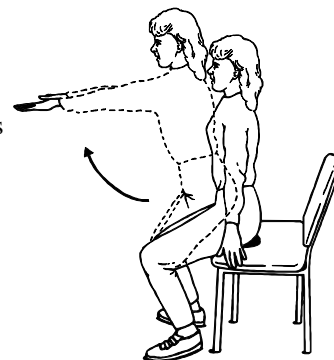
With palms facing downward, flex wrists up toward body. Slowly return to starting position.



Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.

STRENGTHENING - 27 Stand Up

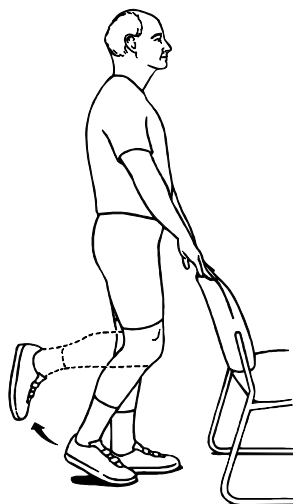
Sit on edge of chair with arms hanging at sides. Swing arms upward while standing.



Repeat 10-15 times.

STRENGTHENING - 22 Leg Flexion

Inhale. While exhaling, lift one ankle toward buttocks, keeping knees together. Slowly return to starting position.



Repeat 10-15 times each leg.
Do 1-3 sets per session.
Do 3-4 sessions per week.

STRENGTHENING - 21 Stair Step

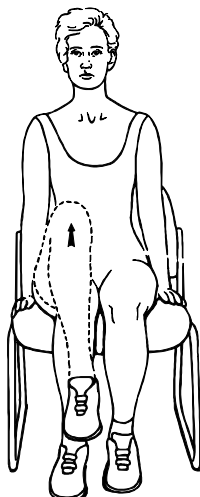
Using one or both arms for support, step up on a 6-10" step with one leg. Then bring other leg up. Slowly return to lower step.



Repeat 10-15 times each leg.
Do 1-3 sets per session.
Do 3-4 sessions per week.

STRENGTHENING - 23 Hip (Front)

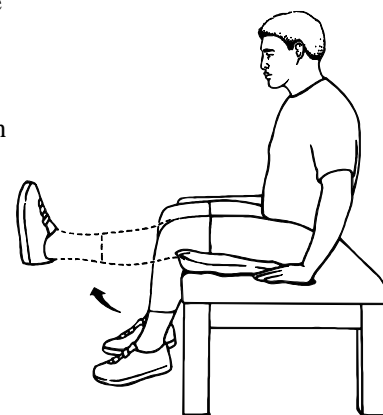
Begin sitting tall, both feet flat on floor. Inhale, then exhale while lifting knee as high as is comfortable, keeping upper body straight and still. Slowly return to starting position.



Repeat 10-15 times each leg.
Do 1-3 sets per session.
Do 3-4 sessions per week.

STRENGTHENING - 19 Leg Extension

Sit with back of one knee against edge of seat, foot not touching floor, back straight. Inhale, then while exhaling, straighten leg. Lower leg slowly.



Repeat 10-15 times per set.
Do 1-3 sets per session.
Do 3-4 sessions per week.