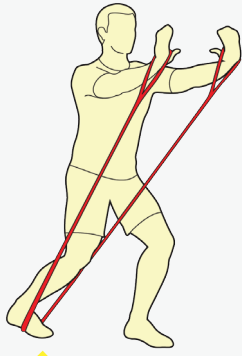
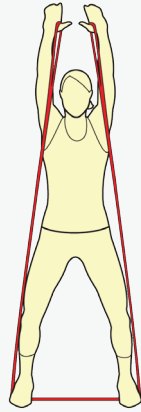




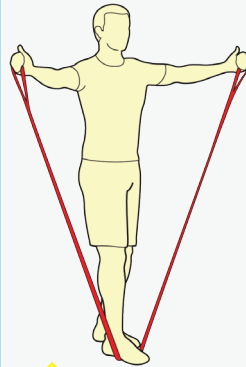
THERA-BAND® EXERCISES



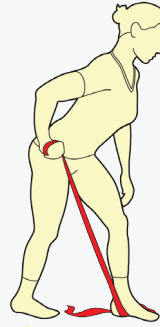
Resisted Push



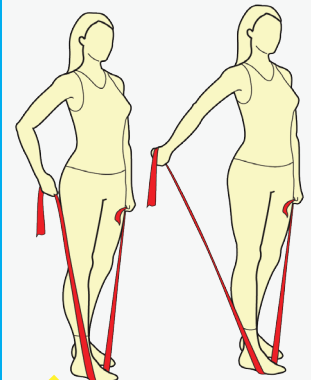
Shoulder Overhead Press



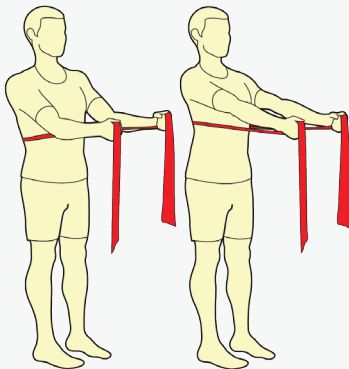
Shoulder Scaption /
Elevation - Bilateral



Elbow Extension
Kick Back



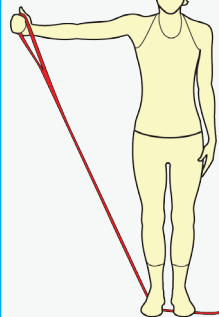
Elbow Extension
(Standing Kick Backs)



Shoulder Forward Punch



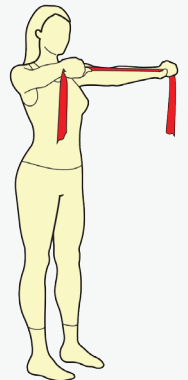
Elbow Flexion (Bilateral)



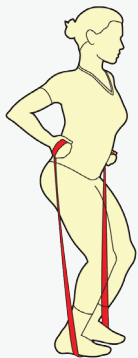
Shoulder Abduction to
90 degrees



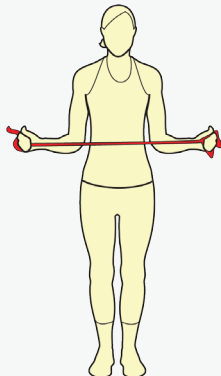
Ankle Calf Raise
Standing



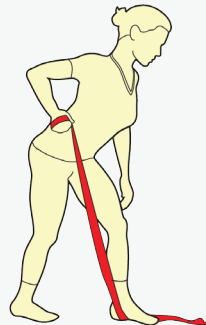
Shoulder Pull Back



Knee Squat



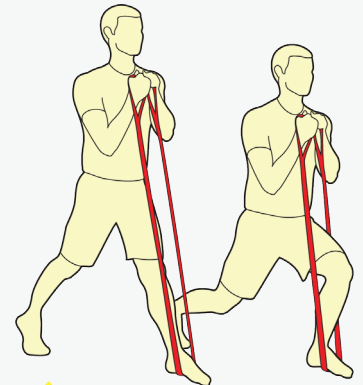
Shoulder External
Rotation (Bilateral)



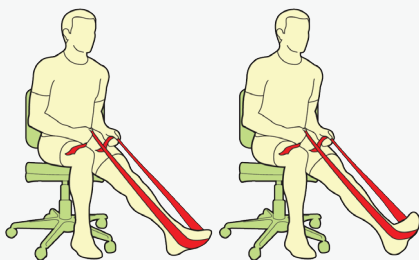
Shoulder
Bent Over Row



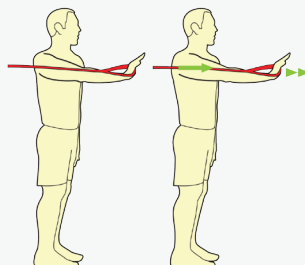
Shoulder Shrug



Lunge



Ankle Flexion



Shoulder Press



Wrist Extension



Wrist Flexion