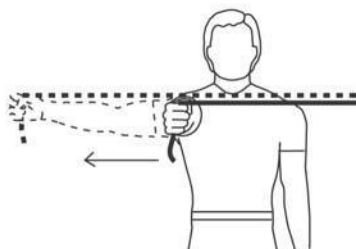


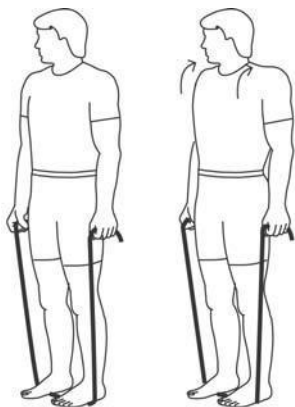
Horizontal Abduction*

- Attach elastic to secure object at shoulder level.
- Grasp elastic with hand, as shown.
- Pull arm outward, keeping elbow straight.
- Do not twist at waist.
- Slowly return to start position and repeat.



Seated Row

- Attach elastic to secure object.
- Grasp elastic in hands.
- Sit in chair with back unsupported, maintaining proper posture.
- Keep elbows near sides, elbows bent.
- Squeeze shoulder blades together, pulling arms back.
- Slowly return to start and repeat.



Shrug*

- Stand, arms at sides.
- Stand on elastic as shown, holding elastic in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Keep elbows straight.
- Slowly return to start position.

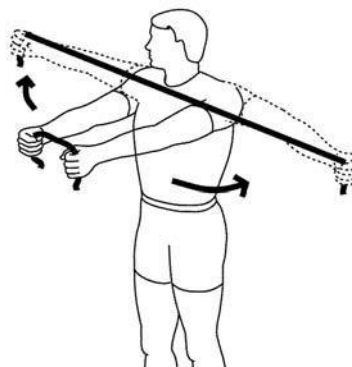
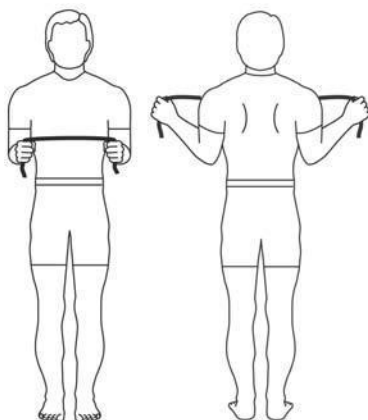
Lat Pull Down*

- Attach elastic overhead to secure object.
- Grasp elastic in hands as shown.
- Pull down, bending elbows, squeezing shoulder blades together.
- Slowly return to start position and repeat.



Scapular Retraction

- Hold arms at sides with elbows bent, holding ends of elastic in each hand.
- Squeeze shoulder blades together by moving hands outward slightly.
- Slowly return to starting position.

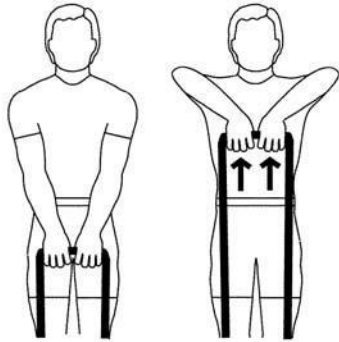


Reverse Flies*

- Grasp elastic in hands, elbows straight, as shown.
- Move arms away from each other, out to sides.
- Slowly return to start position.

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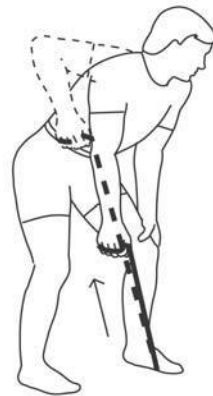


Upright Row*

- Stand on elastic.
- Grasp elastic in both hands in front of hips, elbows straight.
- Lift upward toward chin, bending elbows.
- Keep hands close to chest.
- Slowly lower and repeat.

Bent Over Row*

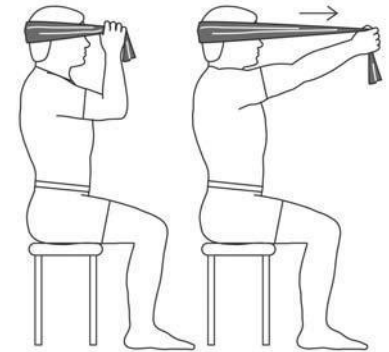
- Secure elastic under opposite foot.
- Hold elastic in involved arm.
- Slightly bend hips and knees and support upper body with other arm as shown.
- Pull up on elastic, raising elbow to shoulder height.
- Slowly return to start position and repeat.



Neck

Isometric Cervical Extension*

- Place middle of band around back of head.
- Grasp ends of band in hands with elbows bent, and hold in front of head as shown.
- Keep neck in a neutral position with chin slightly tucked inward.
- Hold head and neck steady and do not allow neck to bend.
- Extend elbows, stretching the band in front.
- Slowly return and repeat.



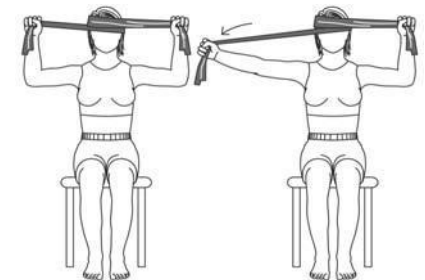
Isometric Cervical Side Bending*

- Place middle of band around back of head.
- Grasp both ends of band in hand with bent elbow, to one side of head as shown. Keep neck in a neutral position with chin slightly tucked inward.
- Extend elbow outward to side, stretching the band away from head.
- Hold head and neck steady and do not allow neck to bend.
- Slowly return and repeat extending with other hand.



Isometric Cervical Rotation*

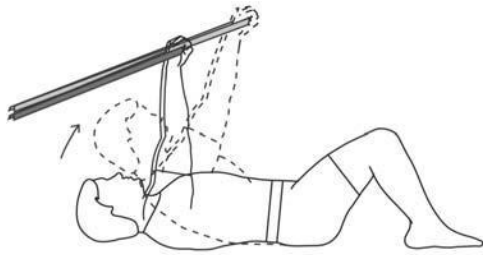
- Place middle of band around back of head. Cross the ends of band over forehead.
- Grasp ends of band at eye level near head as shown. Keep neck in a neutral position with chin slightly tucked inward.
- Extend one elbow outward to side, stretching the band away from head.
- Hold head and neck steady and do not allow to rotate.
- Slowly return and repeat extending with other hand.



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Abs and Back

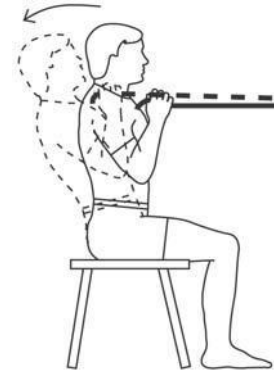
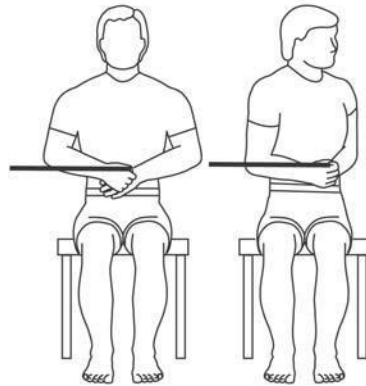


Trunk Curl-up

- Securely attach the ends of band to a stationary object near floor.
- Lie on back with knees bent, holding ends of bands in hands, arms in front and elbows straight.
- Keep hands close together and curl trunk upward, lifting shoulder blades from floor.
- Hold and slowly return.

Trunk Twist

- Attach elastic to secure object at waist level.
- Sit in chair.
- Grasp elastic in both hands, hold elastic at navel.
- Twist away from elastic.
- Slowly return and repeat the sets in the other direction.

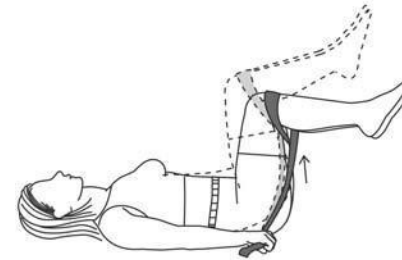


Back Extension*

- Attach elastic to secure object at shoulder level while sitting on stool as shown.
- Grasp elastic in hands and hold to chest.
- Pull backward, straightening trunk.
- Slowly return and repeat.

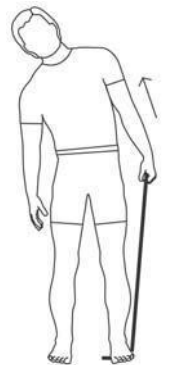
Lower Abdominal Crunch

- Lie on back with hips and knees flexed. Stretch band over knees and cross underneath.
- Hold each end of band in hands and place arms at sides, with elbows straight.
- Lift knees upward, lifting hips off the floor.
- Hold and slowly return.



Side Bend

- Stand, holding elastic in right hand, right foot securing other end of elastic as shown.
- Bend to left, keeping elbow straight.
- Slowly return to start position and repeat.
- Repeat sets with other side.



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