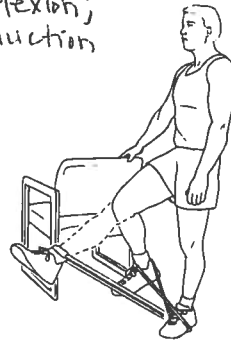


General Tips

- 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.

LOWER EXTREMITY - 1 Knee Extension:
 Standing (Single Leg); Flexion;
 Abduction; Adduction

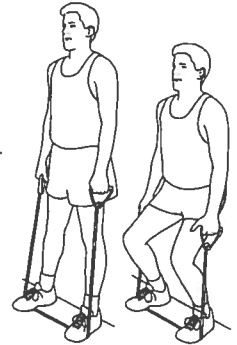
In stride stance, anchor tubing under back foot and loop around ankle of front foot. Raise front leg and straighten knee.



Repeat 10 times per set.
 ___ Repeat with other leg.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

LOWER EXTREMITY - 4 Wall Squat: Tubing

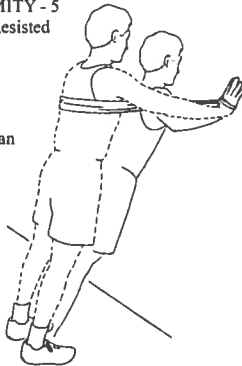
Anchor tubing under feet in shoulder width stance. Slide down wall into squat position.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

UPPER EXTREMITY - 5
 Wall Push-Up: Standing - Resisted

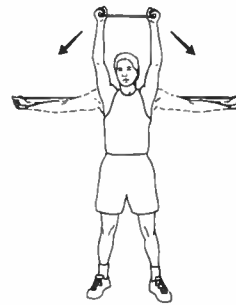
In shoulder width stance, lean to wall, band anchored under hands. Push away.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

TUBING LOOP - 10 Pull Down: ~~Behind~~ Neck to Lateral Front

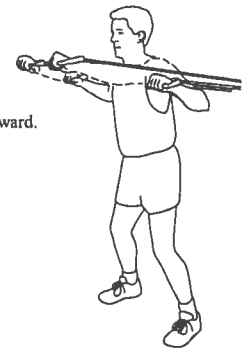
In shoulder width stance, hold tubing above head. Pull arms down and out from sides, palms up.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

CHEST - 1 Press

Face away from anchor in shoulder width stance. Palms down, press arms forward.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

Anchor Height: Shoulder

UPPER EXTREMITY - 20 Shoulder Row: Sitting with Trunk Flexion

Anchor tubing under feet, sitting forward. Palms down, pull elbows back, squeezing shoulder blades together.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

SHOULDER / UPPER BACK - 1 Press: Over Head

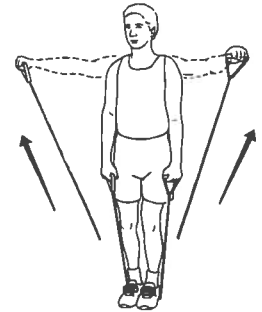
Anchor tubing under back foot in stride stance. Palms up, press arms up over head.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 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 2-3 sets per session.
 Do 2-3 sessions per week.

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.



Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

TUBING LOOP - 18 Triceps Pull Down: Single Arm

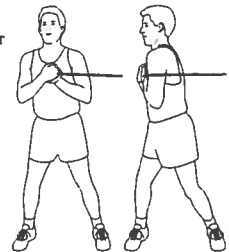
In shoulder width stance, anchor tubing over head with extended arm. Pull other arm down, straightening elbow.



Repeat 10 times per set.
 Repeat with other arm.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

TRUNK - 3 Rotation: Standing

Side toward anchor in shoulder width stance. Hands overlapping at chest, rotate body away from anchor.



Repeat 10 times per set.
 X Repeat to other side.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

Anchor Height: Chest