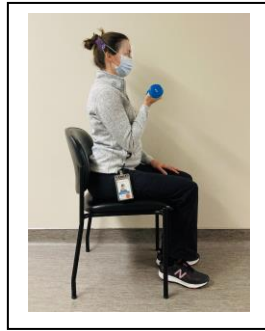
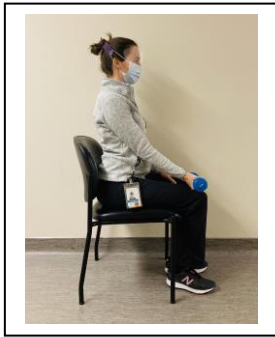


RESISTANCE EXERCISES

1. Bicep Curl

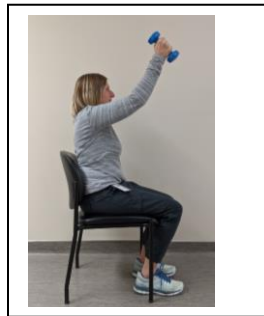
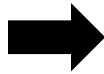


Tuck your elbow into your side.
Slowly bend and straighten your arm.

Weight:

Repetitions:

2. Shoulder Flexion



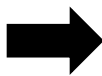
Lift your arm forward above your head and slowly lower it down to your knee.

Keep your elbow straight.

Weight:

Repetitions:

3. Shoulder Abduction



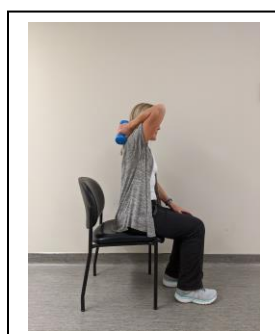
Lift your arm up sideways above your head and slowly lower it back to your side.

Keep your elbow straight.

Weight:

Repetitions:

4. Triceps



Start with your arm straight above your head.

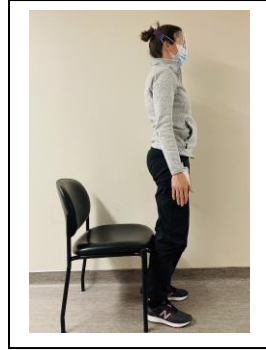
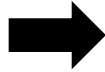
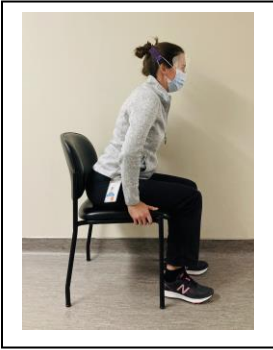
Bend your elbow to lower the weight behind your head.

Straighten your arm above your head again.

Weight:

Repetitions:

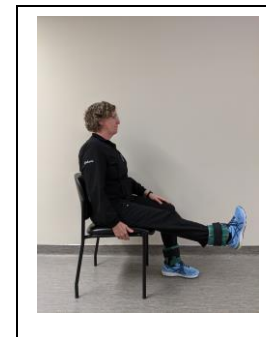
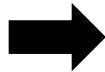
5. Sit to Stand



Go from sitting to standing.
Use your hands if necessary.
Slowly return to sitting position.

Repetitions:

6. Knee Extension

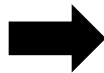


Sit with your feet flat on the floor.
Lift your foot off the floor by
straightening your knee in front.
Slowly return your foot to the floor.

Weight:

Repetitions:

7. Hip Flexion



Sit with your feet flat on the floor.
Lift your knee towards your chest.
Slowly lower your leg back to the
floor.

Weight:

Repetitions: