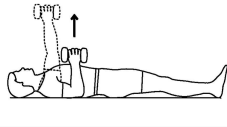


Resist shld press up supine w/wt



- Lie on back.
- Hold weight in hand, arm at side, elbow bent to 90 degrees.
- Lift arm up, straightening elbow.
- Lower arm and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Kilograms.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist knee squat bil partial w/wt

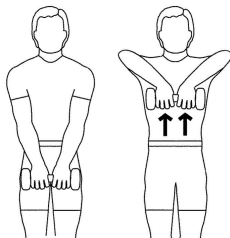


- Stand on both legs.
- Hold weights in both hands.
- Bend knees to 45 degrees.
- Straighten knees.
- Repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Kilograms.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld upright rows bil w/wt

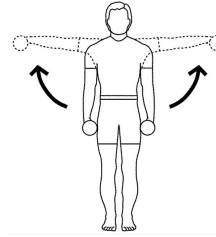


- Stand with weight in hands in front of hips, elbows straight.
- Lift weight upward toward chin, bending elbows.
- Keep hands close to chest.
- Lower and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Kilograms.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld abd bil w/wt (lat Deltoid)

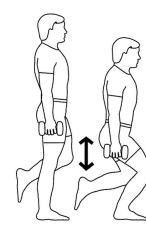


- Stand holding weights in hands and palms inward.
- Lift arms up and out to sides to shoulder level.
- Lower and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Kilograms.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist knee squat uni w/wt

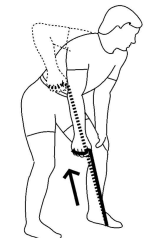


- Stand on one leg.
- Hold weights in both hands.
- Bend knee to 90 degrees.
- Straighten knee.
- Repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Kilograms.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld bent row w/elastic



- 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.

Special Instructions:

Contract abdominal muscles and maintain a neutral spine, not allowing trunk to twist.

Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: Lena Juross

These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.