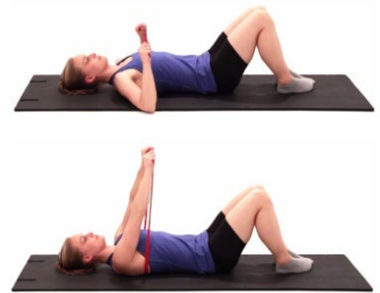




Chest Press

- Loop a resistance band around your upper back, holding an end of the band in each hand. Then, lie on your back with knees and elbows bent.
- Press both hands up toward the ceiling by straightening your elbows.
- Hold **1-2 seconds**, then return to the starting position.
- Perform **3 sets of 10 repetitions**, at least **2 times per week**.



Bent-over Row

- Tie one end of a resistance band to the bottom of your left foot. Stand in a staggered stance, with the left leg in front. Bend forward at the waist (keep back flat). Bend slightly at the knees.
- Holding the resistance band in your right hand, pull the band back by bending your elbow. Don't let your arm move out to the side.
- Hold **1-2 seconds**, then return to the starting position.
- Perform **3 sets of 10 repetitions on each side**, at least **2 times per week**.



Chest and Arm Stretch

- Stand in front of a wall. Place the palm of one hand on the wall, elbow straight.
- Keeping your hand on the wall and your elbow straight, slowly rotate your body away from the wall until you feel a **gentle stretch** in the front of your chest.
- Hold **20-30 seconds**, then return to the starting position.
- Perform **2-3 repetitions on each side**, at least **2 times per week**.



Triceps Stretch

- Stand in an upright position. Lift one arm straight up overhead, bending the elbow so that your hand touches your upper back.
- With the other hand, slowly apply a downward pressure at the elbow until you feel a gentle stretch in your upper arm.
- Hold **20-30 seconds**, then return to the starting position.
- Perform **2-3 repetitions on each side**, at least **2 times per week**.

