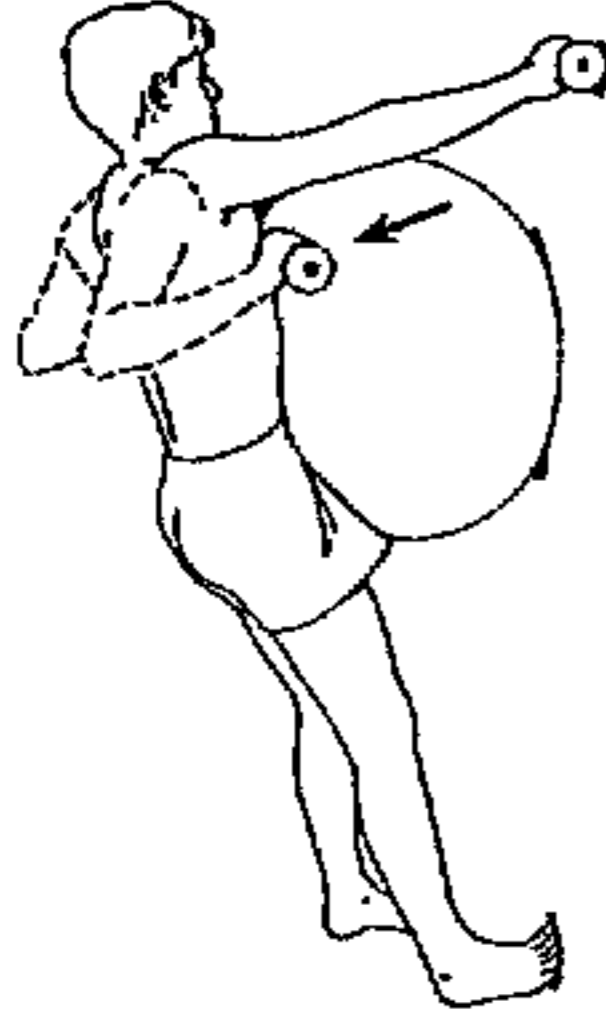
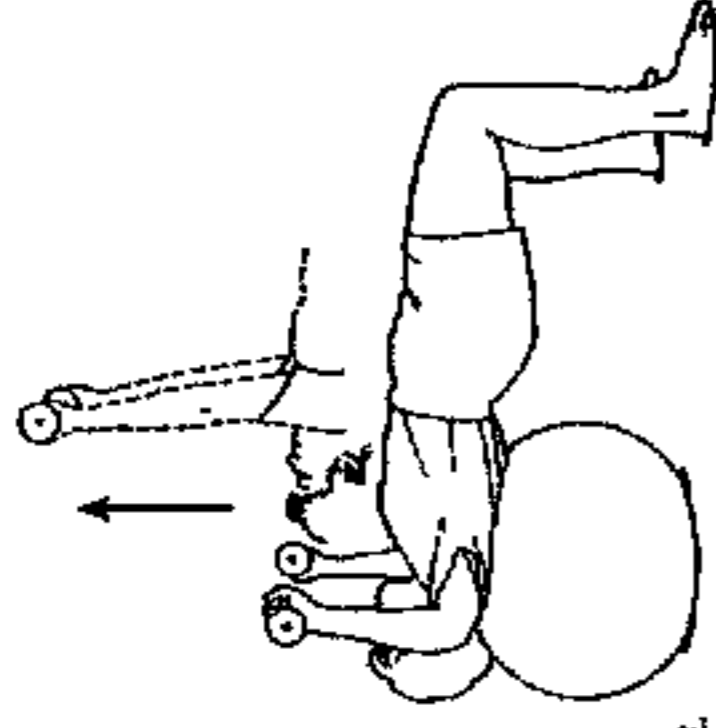


UPPER EXTREMITY - 35  
Prone Dumbbell Row



With toes touching floor, lift 5 lb dumbbells, pulling shoulder blades together.  
Repeat 3 times per set.  
Do 10 sets per session. Do \_\_\_\_\_ sessions per day.

UPPER EXTREMITY - 34  
Bridging Chest Press



Roll out until shoulders rest on ball and knees are bent at right angles. Perform a chest press with 30 lbs. Use dumbbells or cuff weights.

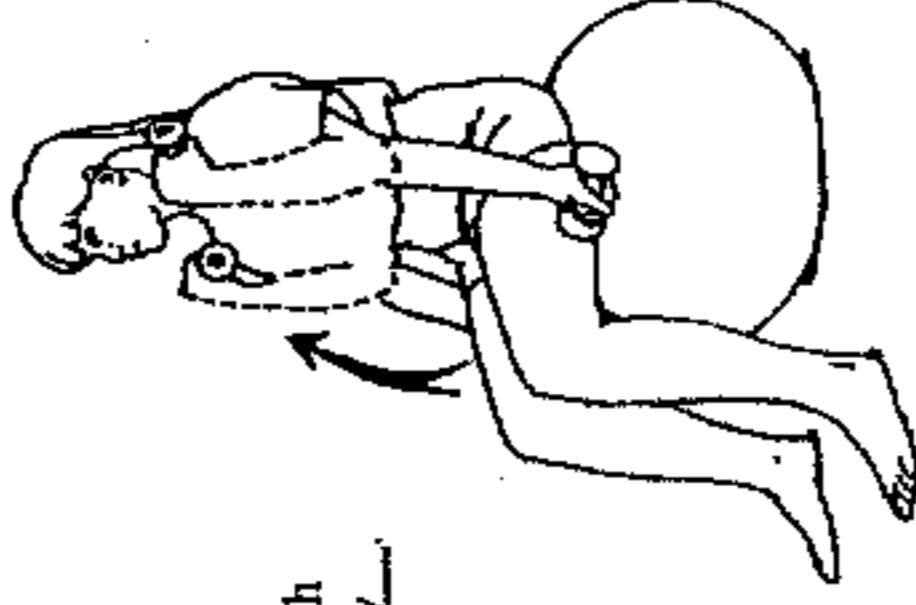
Repeat 3 times per set.  
Do 10 sets per session.  
Do \_\_\_\_\_ sessions per day.

UPPER EXTREMITY - 37  
Bridging Tricep Extension



Roll out until shoulders are on ball and knees are at right angles. Holding 5 lb dumbbells next to ears, straighten elbows.  
Repeat 10 times per set.  
Do 3 sets per session. Do \_\_\_\_\_ sessions per day.

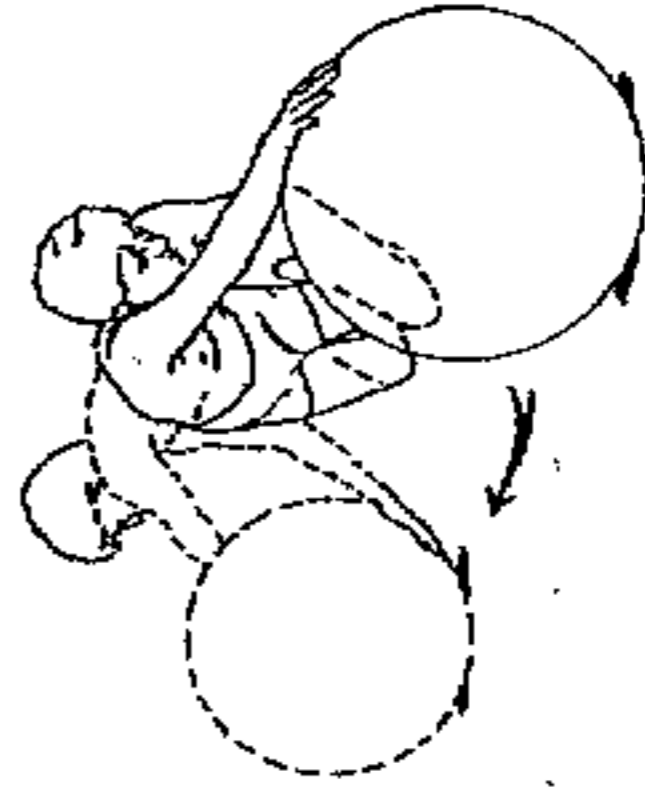
UPPER EXTREMITY - 4  
Bilateral Arm Curl



Holding 10 lb weight in each hand, bend elbows alternately. Can use tubing.

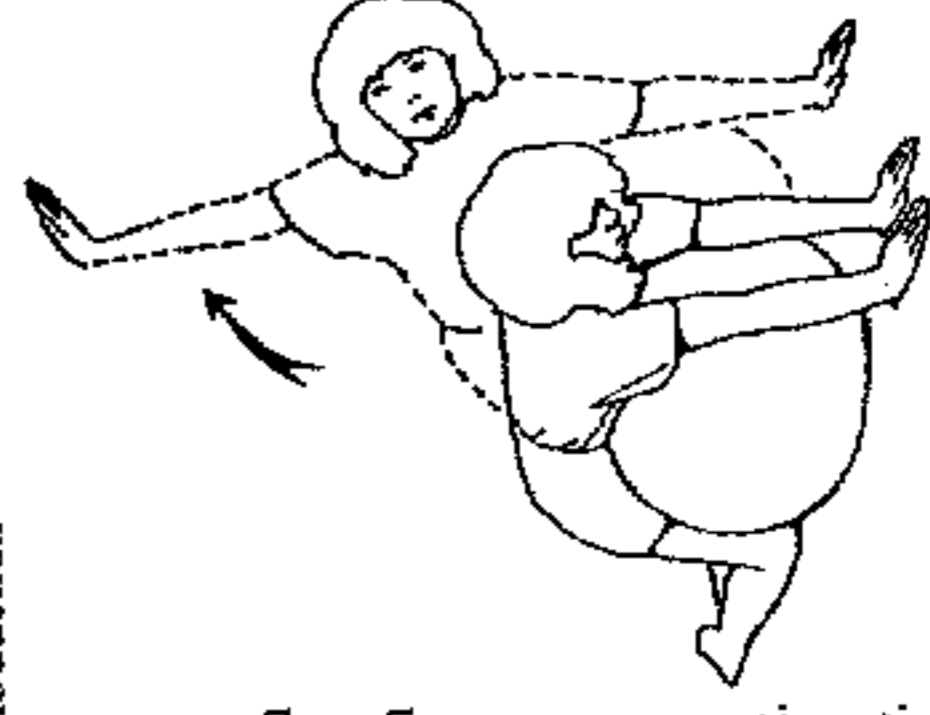
Repeat 10 times per set.  
Do 3 sets per session.  
Do \_\_\_\_\_ sessions per day.

UPPER EXTREMITY - 25  
Kneeling Side-to-Side Roll



Roll ball from side to side, stretching shoulders. Allow arms to bend. Hold 10 seconds each side.  
Repeat 3 times per set.  
Do \_\_\_\_\_ sessions per day.

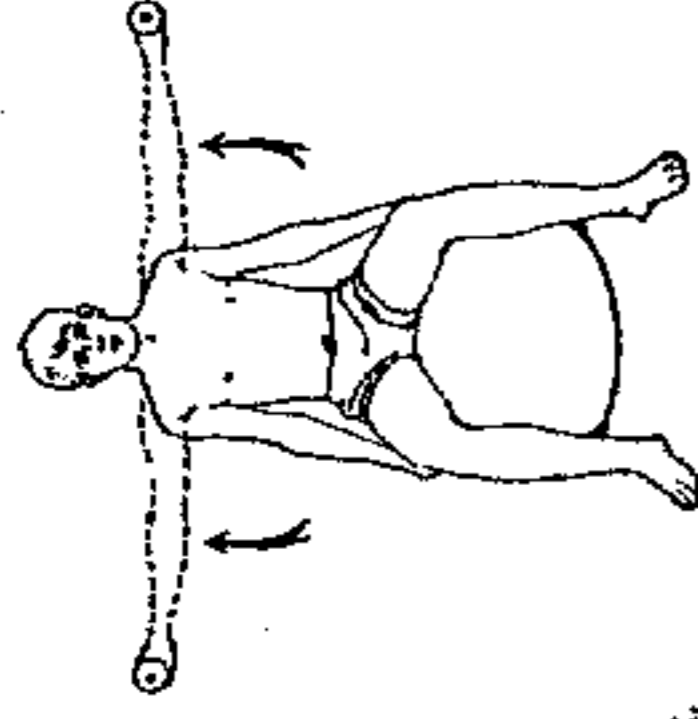
UPPER EXTREMITY - 28  
Kneeling One-Arm Support Opposite-Arm Horizontal Abduction



On all fours over ball, reach up toward ceiling with one arm. Return and repeat with other arm.

Repeat 10 times per set.  
Do 3 sets per session.  
Do \_\_\_\_\_ sessions per day.

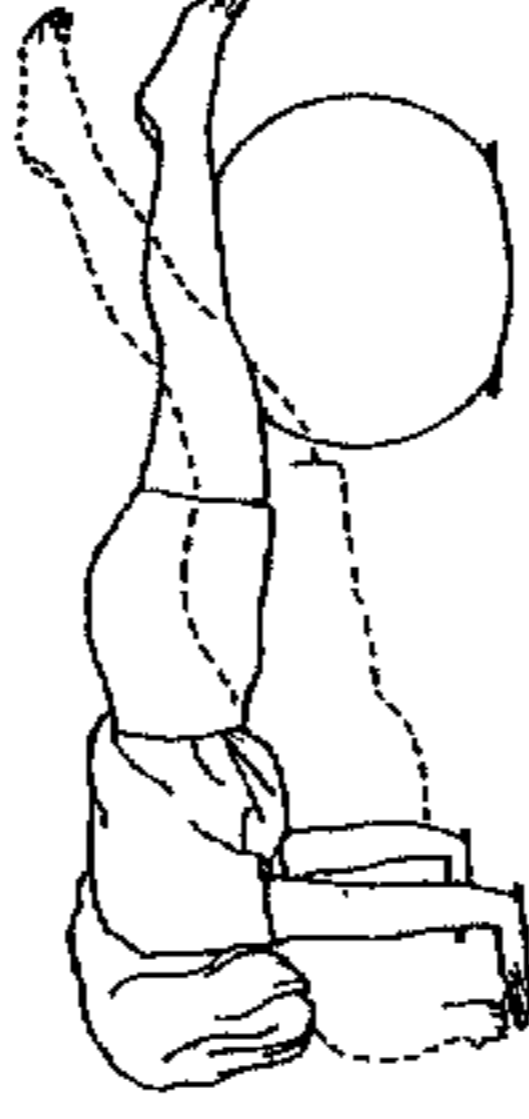
UPPER EXTREMITY - 36  
Sitting Dumbbell Lateral Raise



Holding 5 lb dumbbells, bring arms out from sides until parallel to floor.

Repeat 10 times per set.  
Do 3 sets per session.  
Do \_\_\_\_\_ sessions per day.

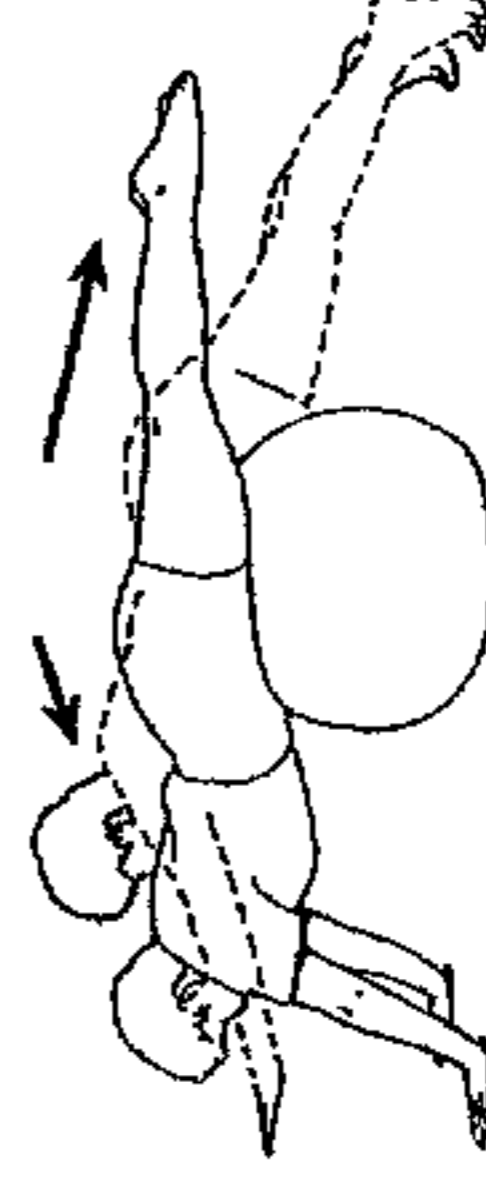
UPPER EXTREMITY - 30  
Prone Push-Up from Shins



Roll forward until ball rests under shins. Perform push-up. Keep back straight.

Repeat 10 times per set.  
Do 3 sets per session. Do \_\_\_\_\_ sessions per day.

UPPER EXTREMITY - 33  
Prone Front-Back Lean



Lying on stomach over ball, lean forward and backward, catching body weight alternately on hands, then feet.

Repeat 15 times per set.  
Do 2 sets per session. Do \_\_\_\_\_ sessions per day.

8 Minute Abds:

basic crunch; right oblique crunch; left oblique crunch; toe touches (up); Reverse crunches (up); right side crunch-legs to left, left side crunch-legs to right, push throughs, leg pushes, alternating curls, curls