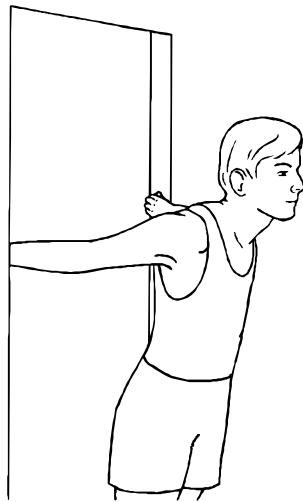


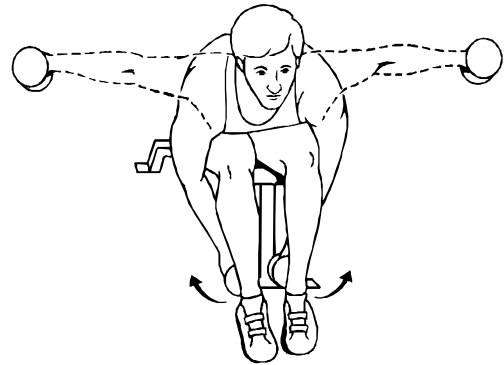
CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 30 seconds.



Repeat 2 times.
Do 1 sessions per day.

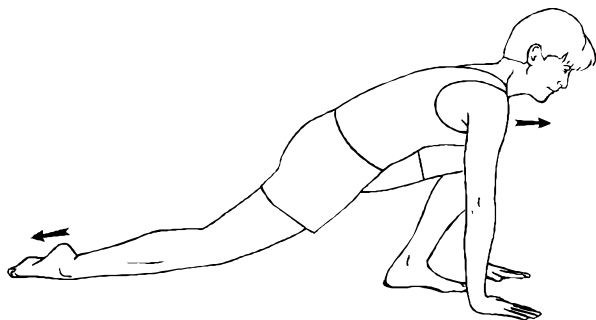
SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)



Elbows slightly bent, palms in, raise arms to parallel with floor.

Do 2 sets. Complete 15 repetitions.

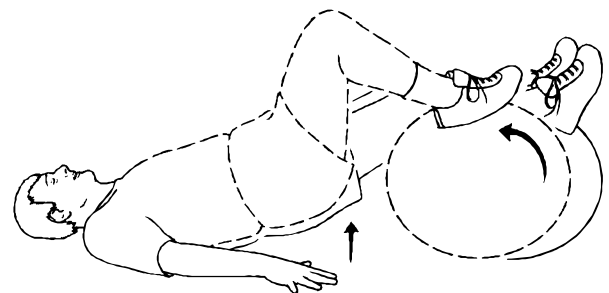
HIP OBLIQUE - 11 Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold 30 seconds. Repeat with other foot.

Repeat 2 times. Do 1 sessions per day.

TRUNK - 17 Gymball: Hamstring Curl (Double Leg)



Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

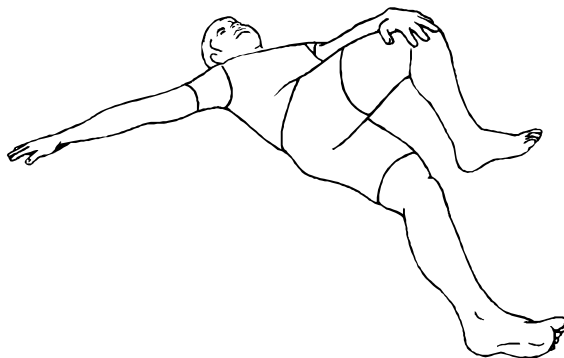
Repeat 15 times per set.

 Lower buttocks to floor between rolls.

Hold buttocks off floor between rolls.

Rest seconds after set. Do 2 sets per session.

HIP OBLIQUE - 6 External Rotators

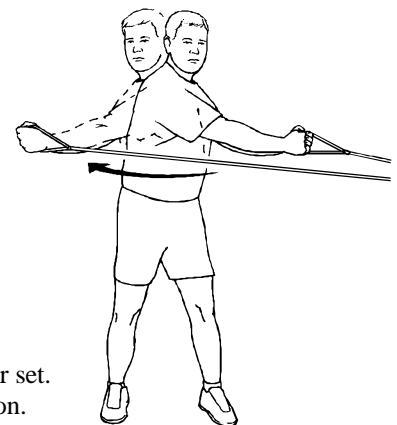


Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg.

Repeat 2 times. Do 1 sessions per day.

TRUNK - 8 Rotation: With Tubing (Standing)

Left side to anchor, hold tubing with both arms across chest. Rotate trunk away.



Repeat 15 times.

Repeat from other side for set.

Rest seconds after set.

Do 2 sets per session.