



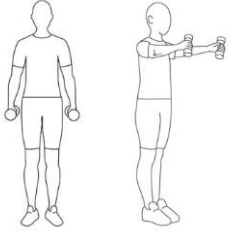
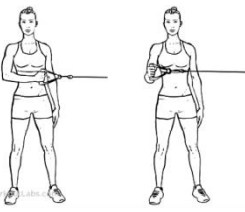
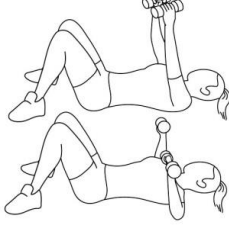

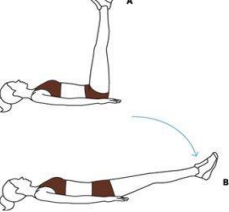
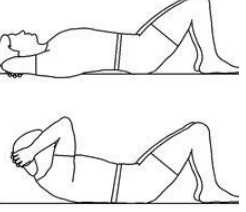
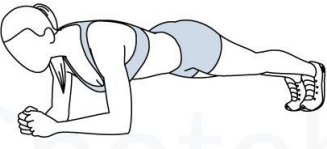



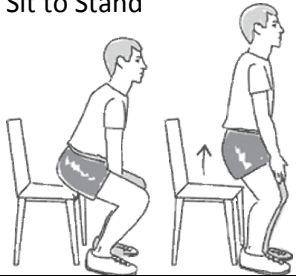

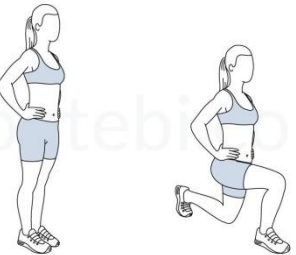

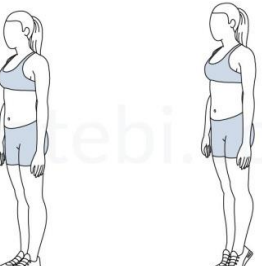

Upper Body Exercises

 <p>Biceps Curls</p>	 <p>Triceps Extension</p>	 <p>Shoulder Press</p>	<p>Bent-over Rowing</p> 
<p>Scaption</p> 	<p>Rotator Cuff</p> 	<p>Chest Press</p> 	<p>Chair Push-Up</p> 

Abdominals

<p>Leg Lifts</p> 	<p>Crunches</p> 	<p>Plank</p> 	<p>Side Plank</p> 
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Lower Body Exercises

<p>Sit to Stand</p> 	<p>Squats</p> 	<p>Lunges</p> 
<p>Clamshell</p> 	<p>Toe Raises</p> 	<p>Toe Raises, Alternating</p>  <p style="text-align: center;">Fig. 1      Fig. 2</p>