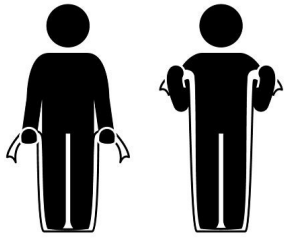
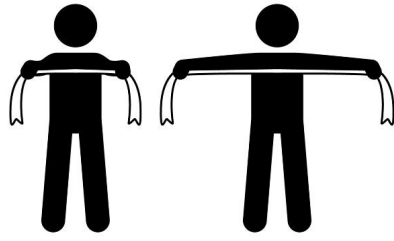


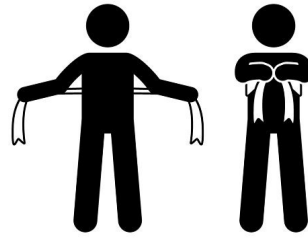
Light Resistance Band Exercises



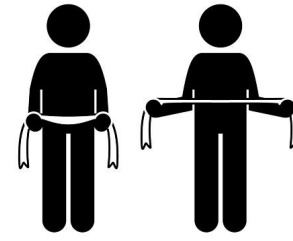
Bicep Curl



Reverse Chest Fly



Chest Fly



Shoulder Squeeze



Tricep Kickback



Seated Chest Press



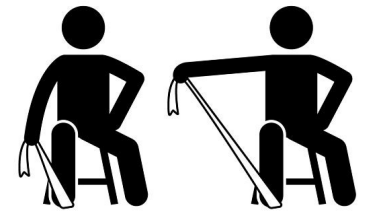
Seated Leg Press



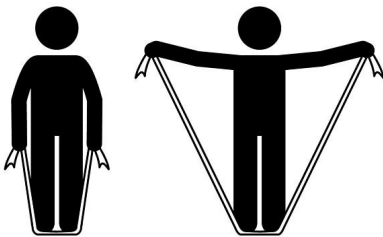
Seated Leg Press



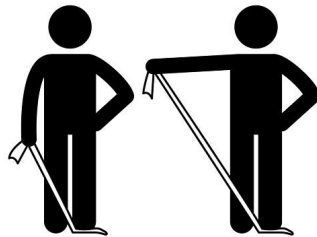
Seated Abdominal Press



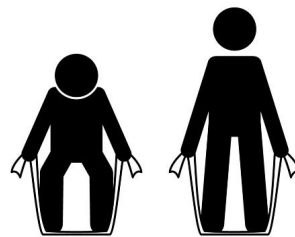
Seated Lateral Raise



Lateral Raise



Side Shoulder Raise



Squat



Stretching



Stretching



Stretching