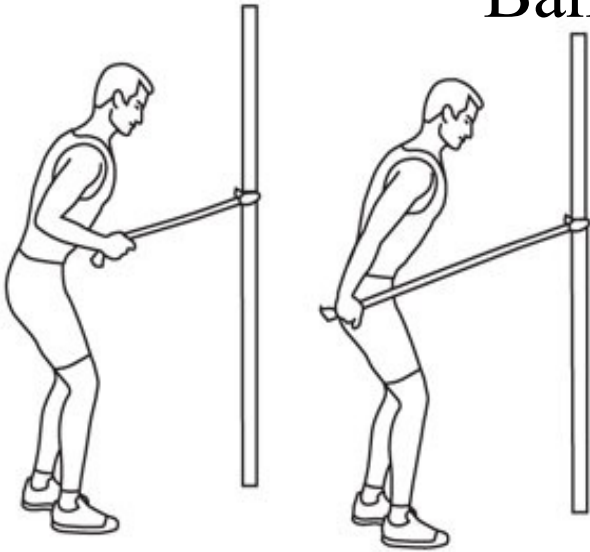
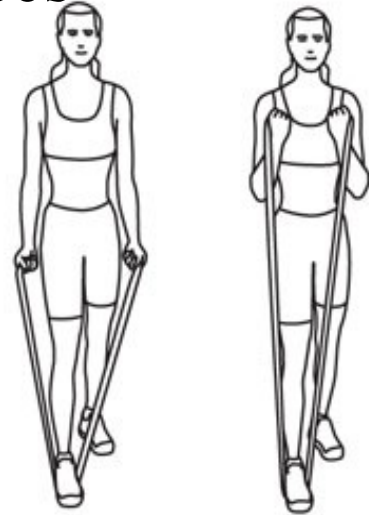


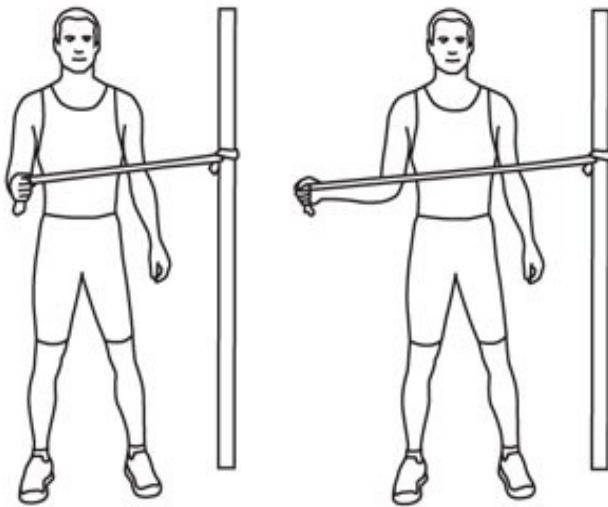
Band Exercises



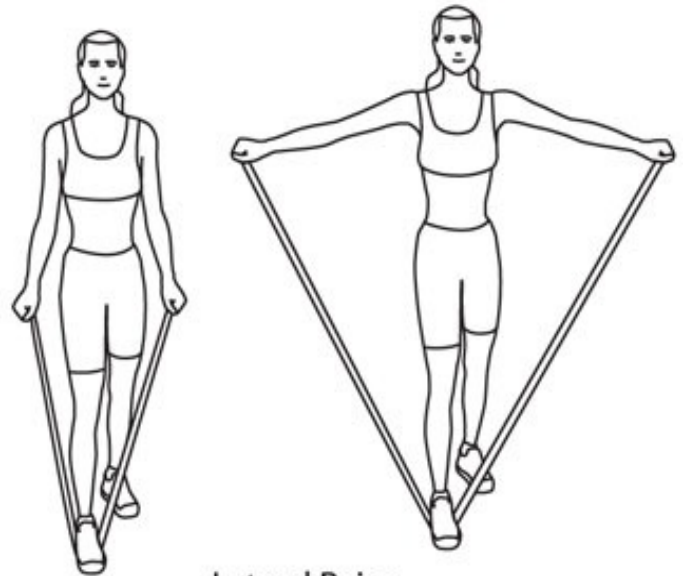
Tricep Kickback



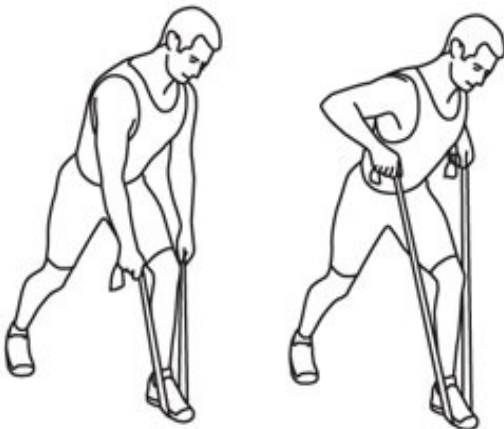
Bicep Curl



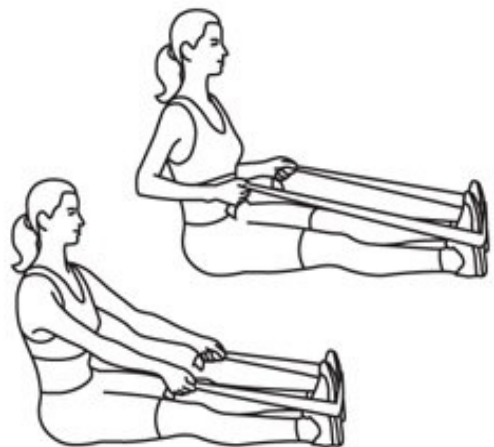
Shoulder Stabilization



Lateral Raise



Standing Row



Seated Row

****Can Also Be Done Using Canned Goods or Weights****