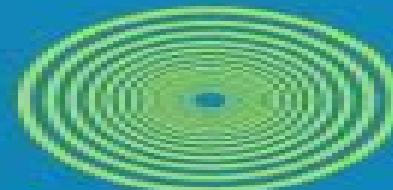
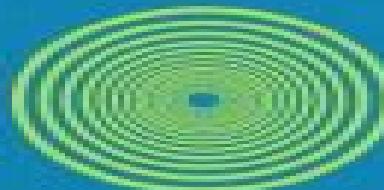
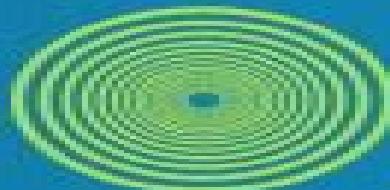
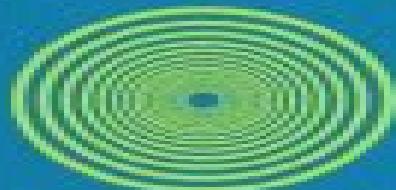
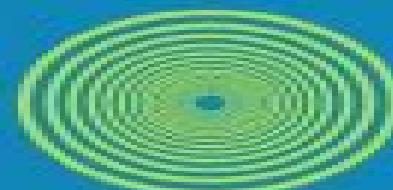
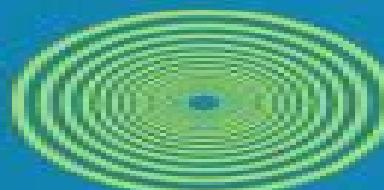
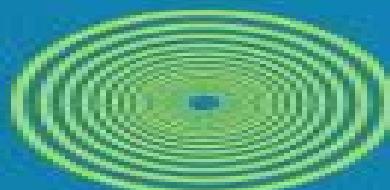
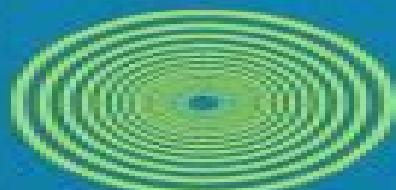


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back slowly return to the starting position 1 chest pull hold one end of the theraband with each hand at chest level slowly pull the ends of the theraband away from each other 2 external rotation

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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