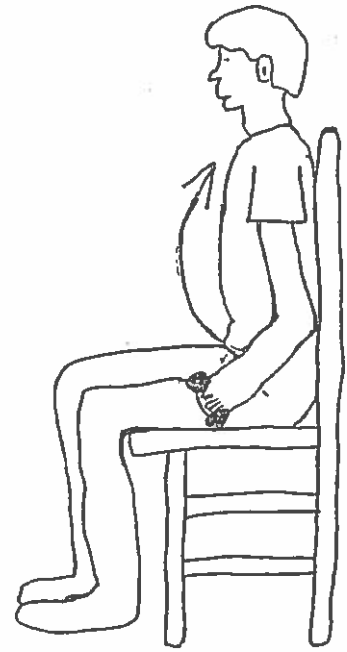


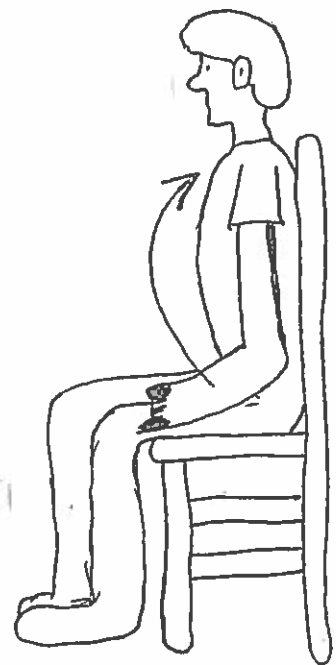
BICEP CURLS

With palms up, rest hands on thighs.
Bring hands up to shoulders, then return
To resting position.



TRICEP CURLS

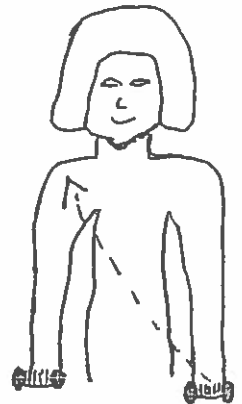
With palms down, rest hands on thighs.
Bring hands up to shoulder level, then
Return to resting position.



Criss-Cross

With palms down, rest hands on thighs.
Bring *right* hand up to *left* shoulder, then
Return to resting position.

With palms down, rest hands on thighs.
Bring *left* hand up to *right* shoulder, then
Return to resting position.



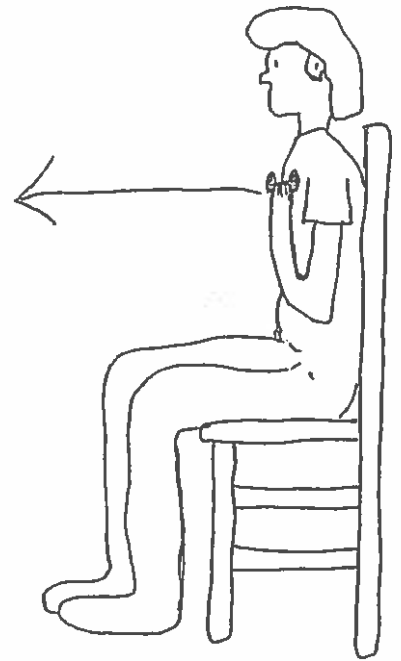
Punching UP

With elbows bent and hands at
Shoulder level. Alternating arms,
“Punch” straight up towards ceiling.



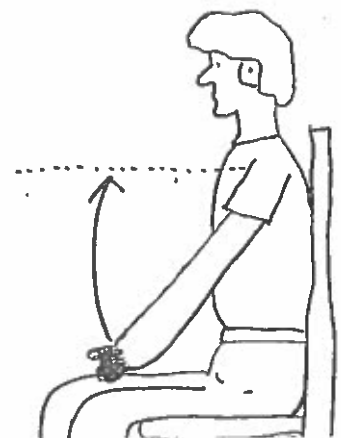
“Punching”

With elbows bent and palms at shoulder level. Punch straight forward, then return To resting position. Alternate arms.



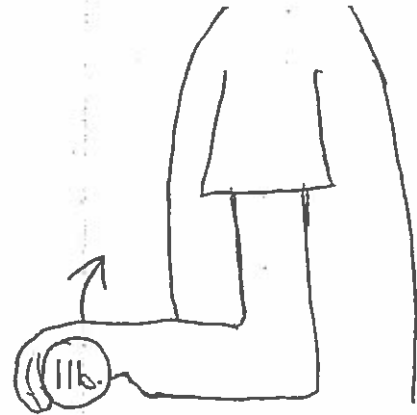
Straight-arm Raises

With palms down, elbows straight, and Hands resting on thighs. Raise arm until Level with shoulder, then return to resting Position. Alternate arms.



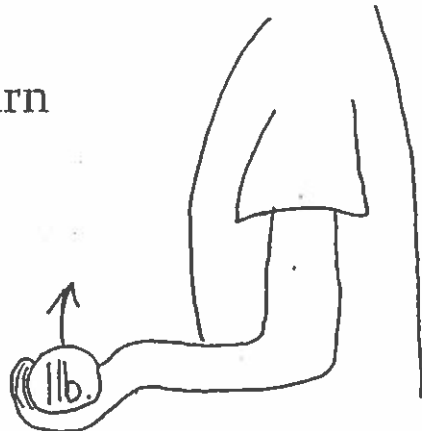
Wrist Extension

With palms down and elbows bent at 90 Degrees. Bring wrists up, and then return To resting position.



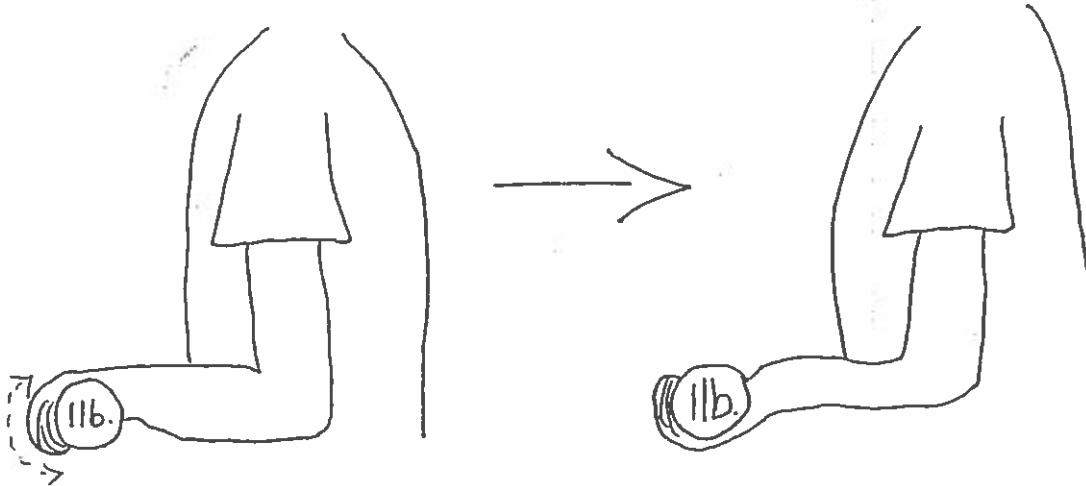
Wrist Flexion

With palms up and elbows bent at 90 degrees. Bend wrist up, and then return to resting position.



Pronation & Supination

With palms down and elbows bent at 90 Degrees. Rotate wrists 180 degrees, then Return to resting position.



"Stirring the Pot"

With palms at neutral and elbows bent at 90 degrees (like you're driving). Make circles With both arms as if you're stirring two bowls Of dough.