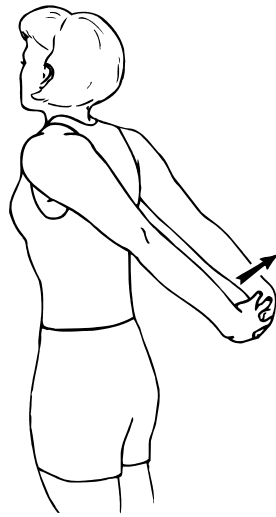


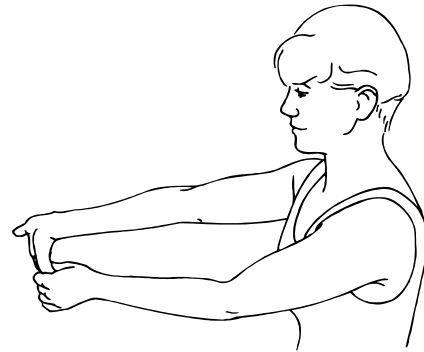
ARMS - 1 Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

ARMS - 2 Wrist / Flexors

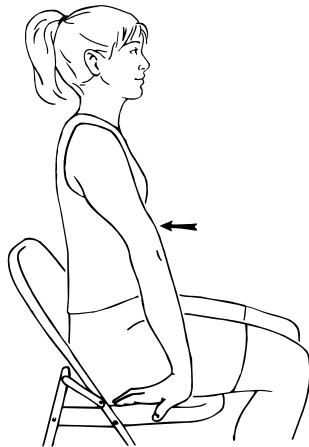


Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

ARMS - 3 Wrist / Flexors / Biceps

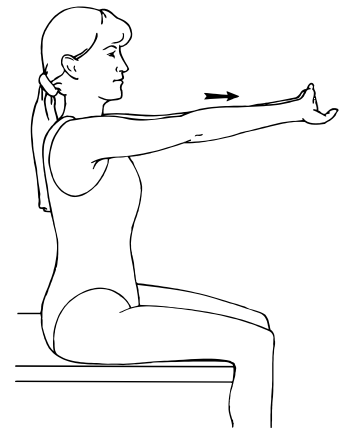
With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

ARMS - 4 Wrist / Flexors

With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

ARMS - 5 Triceps

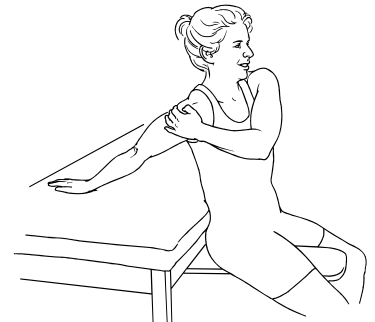
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

ARMS - 6 Biceps

With right arm resting comfortably on table behind, apply gentle force down and slightly forward through shoulder. Hold \_\_\_\_ seconds. Relax.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

ARMS - 7 Biceps

Stand holding wand  
behind back. Raise arms  
as far as possible.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions  
per day.

