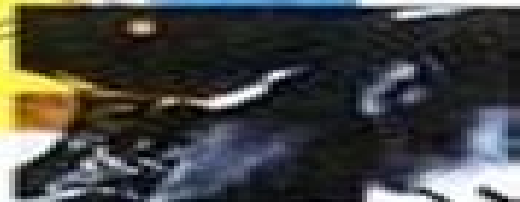
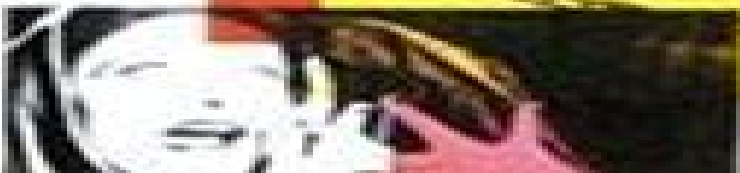
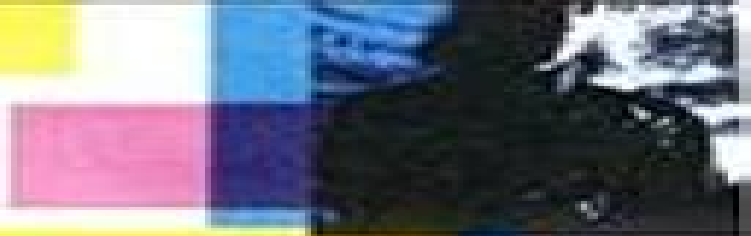


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page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the
band 2 straighten your elbow and stretch the band down toward the foot

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web mar 30 2022 incline bench press this works the pectoral muscles in the front of your chest the anterior deltoids at the
front of your shoulders and your triceps at the upper back of your arms for the exercise position you want to sit nearer the
front of your chair then lean back slightly and rest your shoulders and upper back on the back of your chair