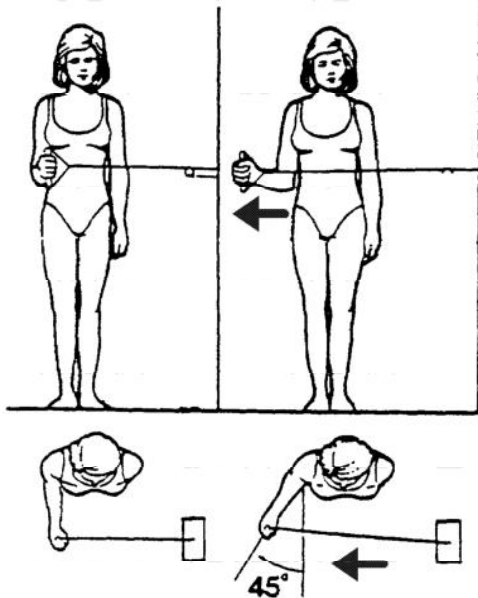


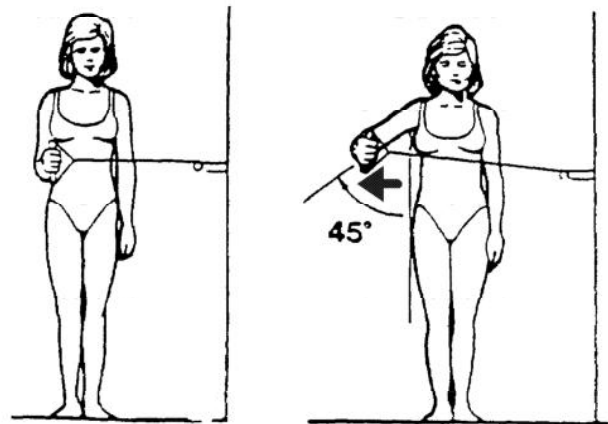
Strengthening Exercises

EXERCISE 1

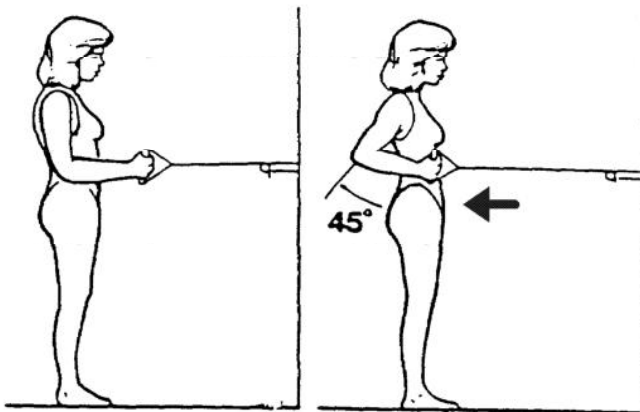


Start with 1 set of 15 reps advance to 3 sets of 15 reps.
Hold each rep for 3 counts. Do exercises every other day.

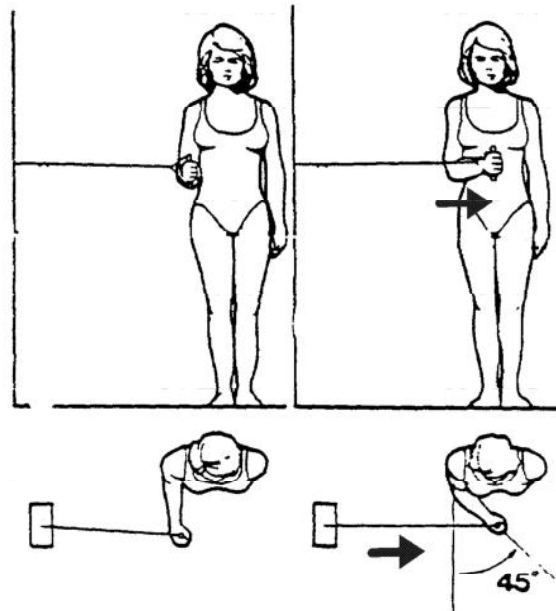
EXERCISE 2



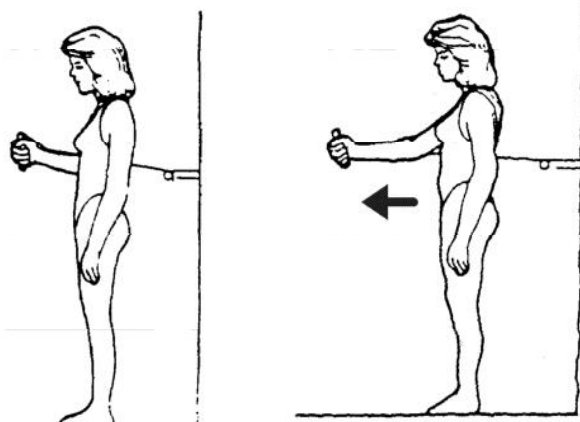
EXERCISE 3



EXERCISE 4



EXERCISE 5



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