

θ Bent-over Rows



support your body weight with your uninvolved arm and lift the involved arm, starting by pulling the shoulderblade up

___ sets of ___ repetitions

θ Bicep Curls



stand on theraband and keeping elbows at side, bend elbows

___ sets of ___ repetitions

θ Tricep Extension



loop theraband around door and keeping elbows at side, extend elbows

___ sets of ___ repetitions

θ Lat Pull Down



From sitting position, hold theraband with palms down. draw shoulderblades together and down and then pull arms down. Don't lose the upright posture of your back and neck.

___ sets of ___ repetitions

θ Rows



Anchor theraband at or above shoulder height. Pinch shoulderblades together and down and then pull arms back. Don't let shoulders hunch up

___ sets of ___ repetitions

θ Ts and Ys on Ball



Lie on ball and keep chin tucked, looking straight down. Lift arms up, pulling shoulderblades down and together. Keep thumbs pointed up to ceiling.

___ sets of ___ repetitions

θ Push-up Plus



Keep elbows locked and push up with shoulderblades, rounding your upper back and hollowing your chest. Return slowly and let your chest drop but keep elbows extended.

___ sets of ___ repetitions

θ Countertop Push-up



With hands a few inches wider than shoulder-width, push up until elbows are straight and slowly return. Keep elbows out to side.

θ Easier version: hands on wall, standing upright

___ sets of ___ repetitions