

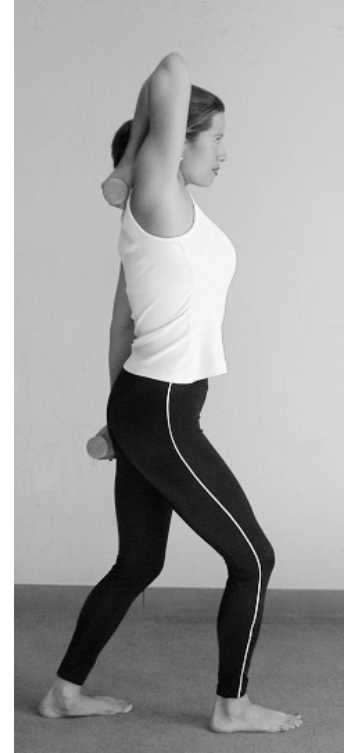
1a.



1b.



1c.



2.



Biceps Corkscrew

- 1a. Begin with straight arm at side. Turn palm up.
- 1b. Bend the elbow, flexing the biceps.
- 1c. Reach the elbow toward the ceiling. Extend the arm overhead. Slowly, bring the straight arm down in front of you to start position.

Repeat \_\_\_ times with each arm.

Triceps Kickback

- 2. Stand with feet staggered, hips and knees bent and neutral spine. Keep upper arm and elbow in alignment with flat back while you slowly straighten and bend elbow.

Repeat \_\_\_ times with each arm.