

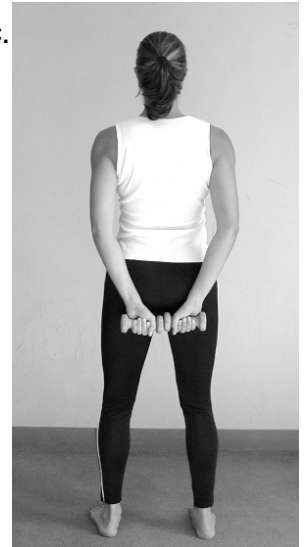
1a.



1b.



1c.



Victory "V"

1a. Start at 70° with elbows straight and thumbs turned down.

1b. Turn thumbs up while squeezing shoulder blades and raising arms to "V" position.

1c. Turn thumbs down and lower hands behind you until weights touch. Raise arms back to "V" position with thumbs up.

Turn thumbs down and lower arms to sides.

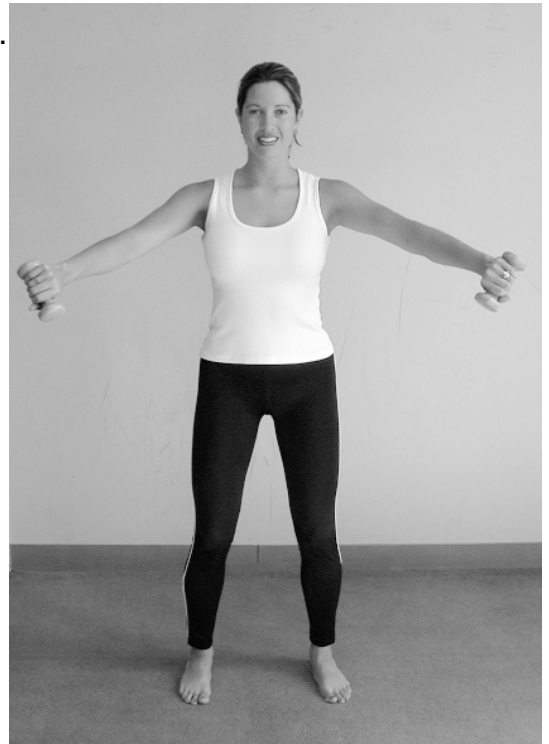
2.

Repeat \_\_\_ times.

Empty Can

2. Start with arms at sides, thumbs touching thighs. Keeping arms straight, raise them out to the sides slightly in front of your body. Stop at 70°. Slowly lower arms back to start position. Keep shoulder blades engaged. Do not hike shoulders.

Repeat \_\_\_ times.



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