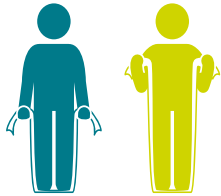
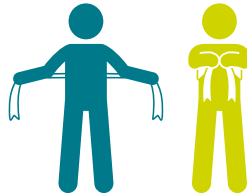


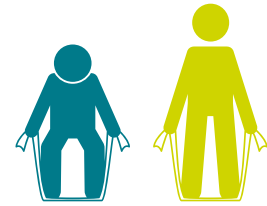
Light Resistance Band Exercises



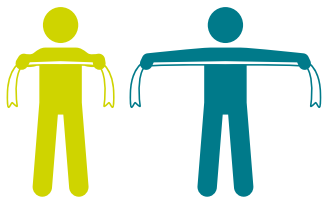
Bicep Curl



Chest Fly



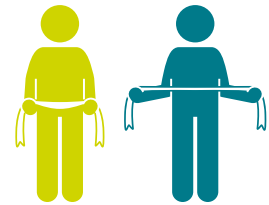
Squat



Reverse Chest Fly



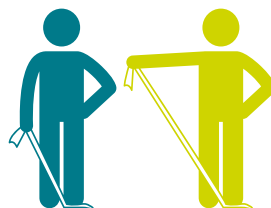
Tricep Kickback



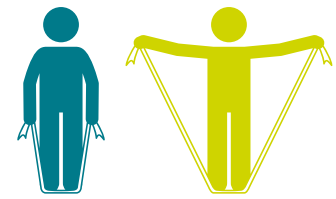
Shoulder Squeeze



Stretching



Side Shoulder Raise



Lateral Raise



Seated Leg Press



Seated Lateral Raise



Seated Chest Press