### Things to keep in mind before you exercise:

- Always slowly return to the start position
- Remember to set the shoulder (down and back) before the start of any exercise
- Try not to shrug shoulders
- Do not always have to use a weight, can substitute a weight for a resistance band
- Use a chest strap or a body bracer to support trunk, if needed
- Do not have to do both arms at the same time
- Can lift the arm rest up, to keep the arm closer to the body, but not necessary.

### Front raise

Start with arm by the side with thumbs facing up. Raise the arm to the front at shoulder height.



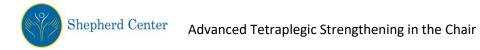


### **Bicep Curls**

Bend the elbow and bring the arm to shoulder.







### Lateral raise

Raise the arm to shoulder height.





## **Reverse Fly**

Keep elbows straight. Raise the arms up and out towards the ceiling





# Tricep Kickback with assistance

Extend elbow until the arm is straight. Provide assistance at the wrist and elbow.





