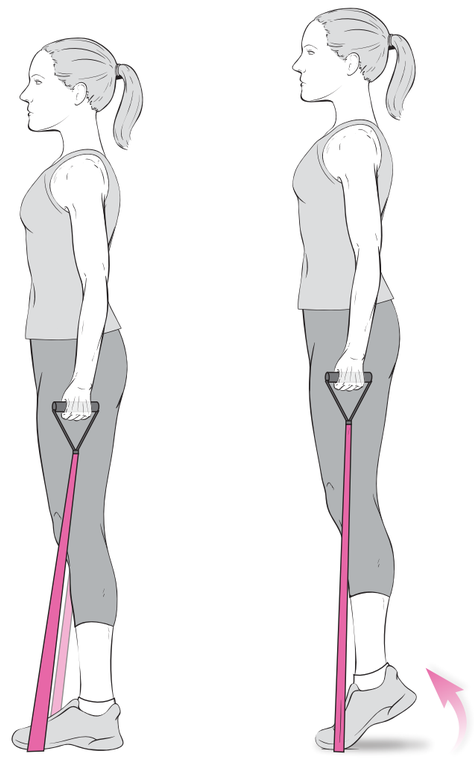
EXERCISE THERA-BAND ROUTINES

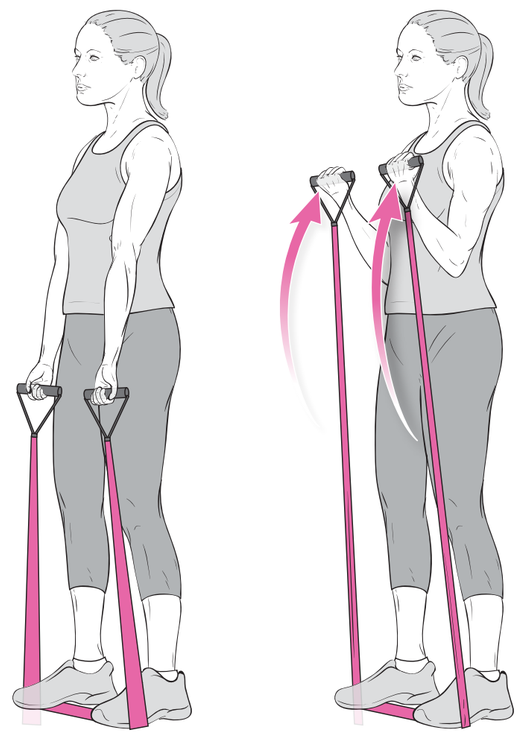
Live Whole Health.

U.S. Department of Veterans Affairs

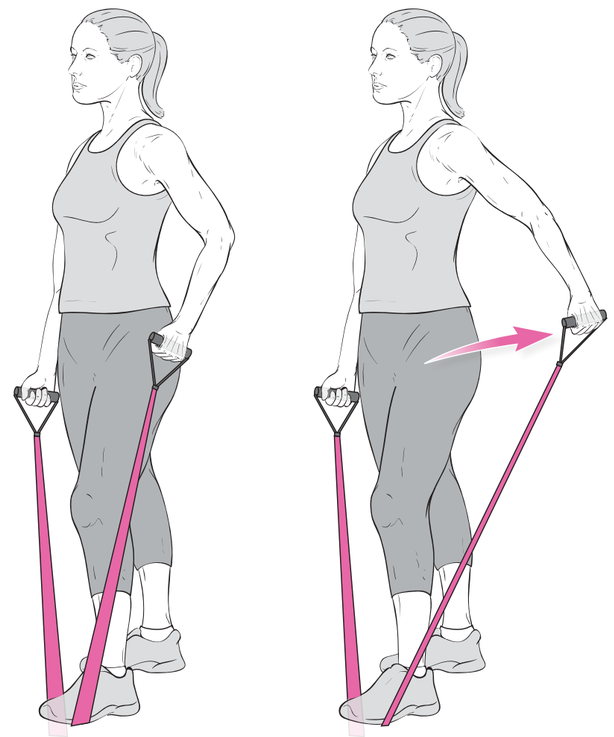
ANKLE CALF RAISES



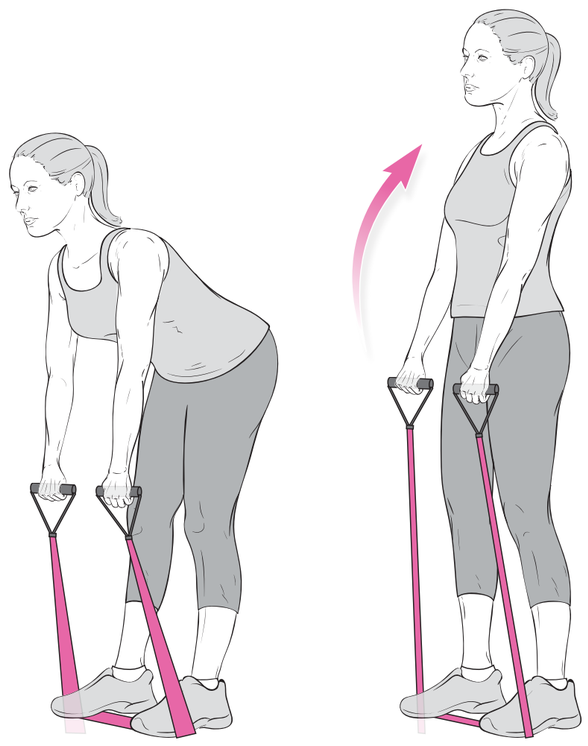
BICEPS CURL



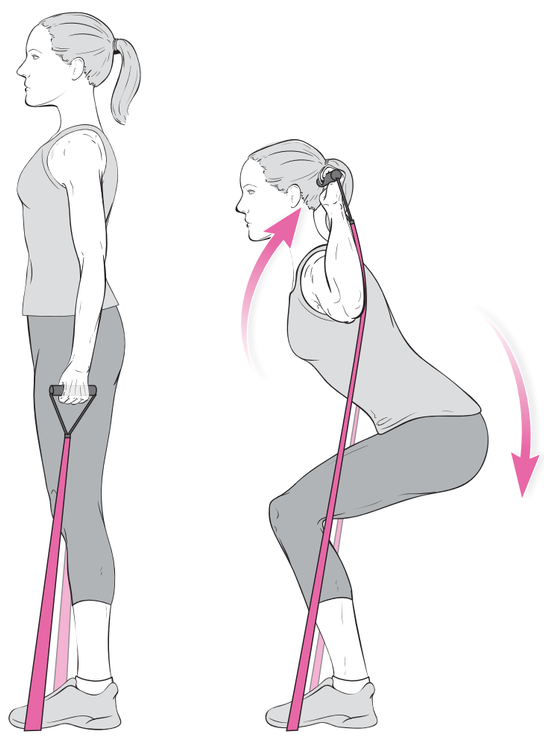
TRICEPS EXTENSION



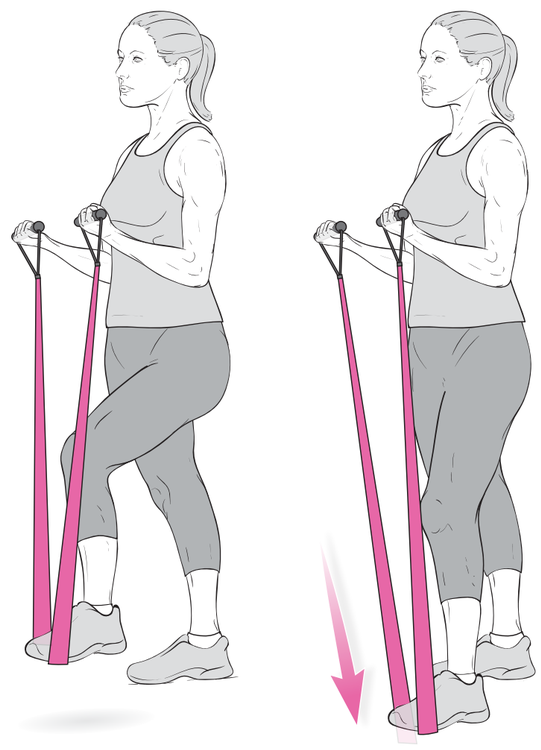
HIP EXTENSION "GOOD MORNING"



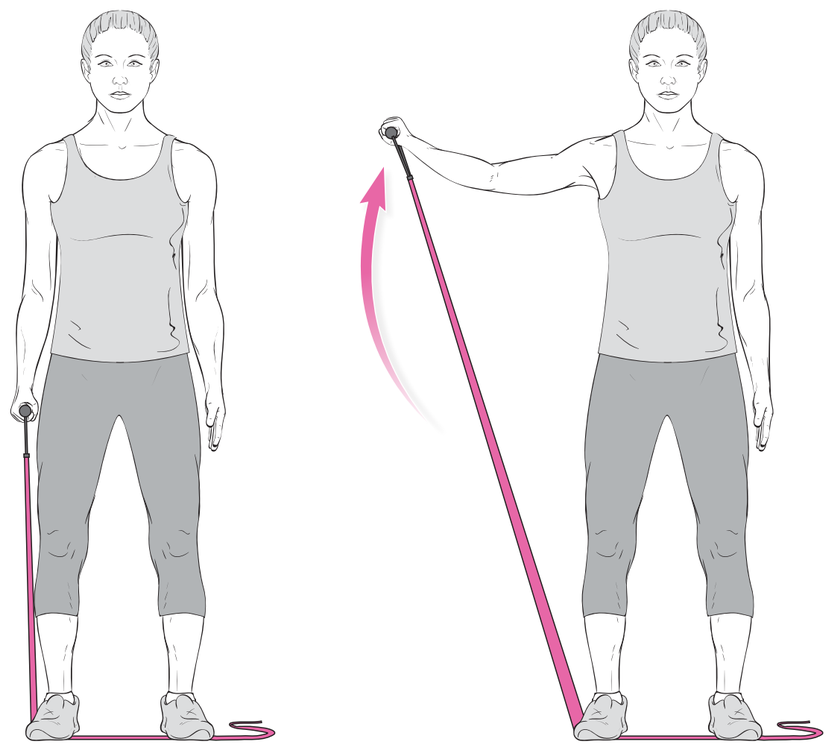
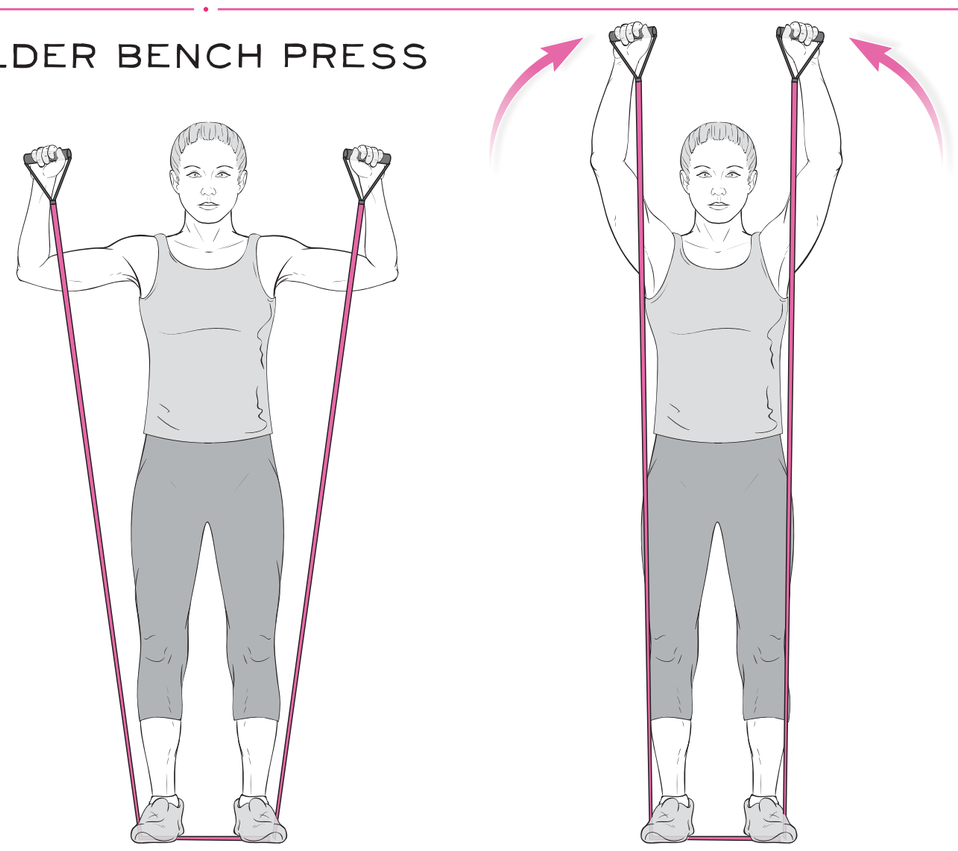
KNEE SQUAT



LEG PRESS



SHOULDER ABDUCTION



SHOULDER BENCH PRESS