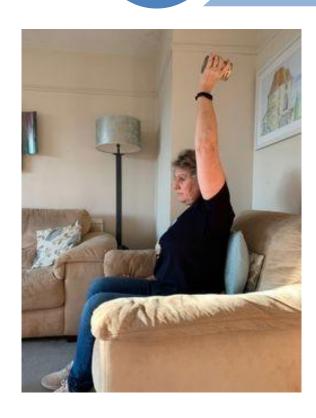


Arm Strengthening



Instructions Sitting tall in chair

- 1.Punch arm forward or lift arm up over your head
- 2.Replace onto lap and repeat with the other arm

Do this 5-10 times

PROGRESSION

1.Increase the number of times you do it2.Add a weight eg a tin of beans



