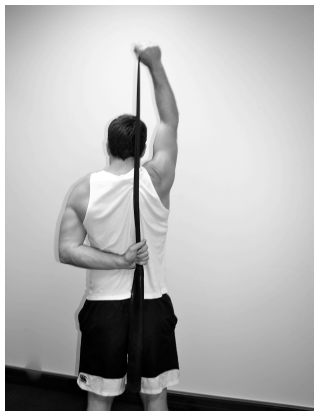
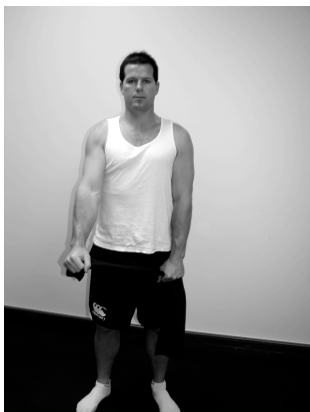


THERABAND RESISTANCE EXERCISES



THERABAND TRICEPS



THERABAND ARM LIFTS



THERABAND ROTATOR CUFF

Notes:

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