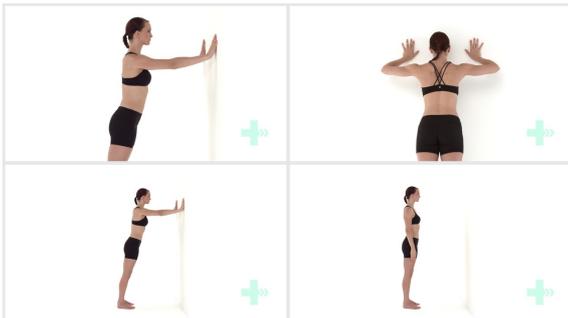




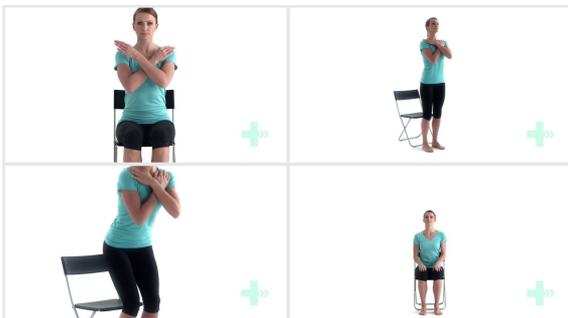
1. Resisted low rows

Tie a resistance band around a solid object and hold the ends in each hand. Stand on both legs with your feet hips width apart, keeping a good upright posture. Bend your elbows and pull the band back, squeezing your shoulder blades together. Control the movement as you return your hands to the start position. Keep your core strong throughout this exercise.



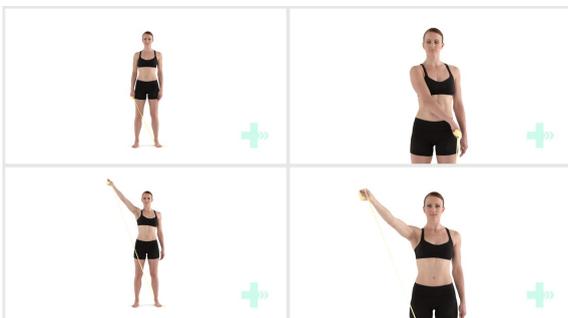
2. Wall press-up

Stand facing a wall, around one large stride away. Place your hands on the wall around the same height as your shoulders but slightly wider. Lean against the wall, keeping a straight line from your head to your feet. Bend your elbows, bringing your chest and hips in towards the wall and pushing your elbows outwards. Make sure your body stays straight. Push through your hands to straighten your arms back out again. Continue this movement. Note: the further away your feet are from the wall, the harder the exercise will be.



3. Sit to stand no arms

Sit in a chair with your feet flat on the floor. Cross your arms in front of your chest so you are not tempted to push off of your thighs for momentum. Stand up, then slowly sit back down and repeat a number of times.



4. GHjt PNF down&across to up&out with resistance

Stand upright holding one end of a resistance band in the hand of your affected arm. Stand on the other end of the resistance band using the foot on your unaffected side. The hand holding the band should be located downwards and across your body and located in front of your hip on the opposite side of the body to the affected arm. Your thumb should be facing inwards. Maintain good posture and shoulder blade control throughout the following movement. Keep your arm straight and pull the band upwards and outwards, diagonally across your body, rotating the arm. Continue in a fluid motion and finish the movement with your arm outstretched and away from your body with your thumb facing upwards. Slowly return to the starting position and repeat.

