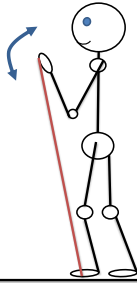


1

Bicep Curl

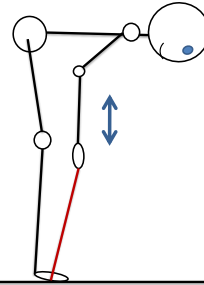


Modification: Use one arm at a time.



2

Bent Over Row

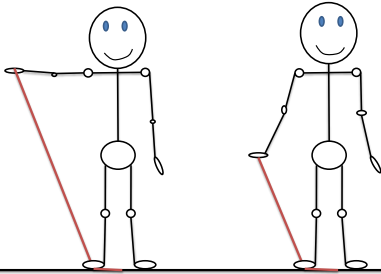


1. Raise band to shoulder level.
2. Return to start position.



3

Single Arm Lateral Raise

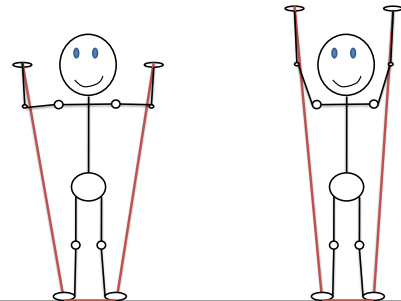


Challenge: Perform a lateral raise with both arms.



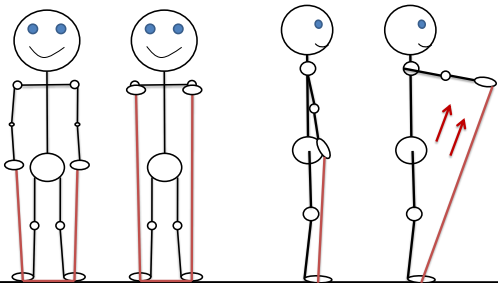
4

Overhead Press



5

Front Raise



6

Tricep Kickback

