

# Tiger And The Lamb

M Lipman

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seconds slowly return to starting position repeat 10 times  
shoulder flexion sit or stand with theraband held at hip or  
waist height point your thumb toward the ceiling

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knot in the end of the band and shut the knotted end in a  
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exercises choose a resistance that you can do for 2 sets of 15  
reps if it s too easy

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web keep your upper arms at your side bend from your  
elbows to pull your lower arms up toward your head 3 repeat  
times page 4 for exercises 5 and 6 tie a theraband to the  
head of the bedframe 5 elbow extension 1 bend your elbow  
and grasp the band 2 straighten your elbow and stretch the  
band down toward the foot

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web mar 30 2022 incline bench press this works the  
pectoral muscles in the front of your chest the anterior  
deltoids at the front of your shoulders and your triceps at the  
upper back of your arms for the exercise position you want to

sit nearer the front of your chair then lean back slightly and  
rest your shoulders and upper back on the back of your chair

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