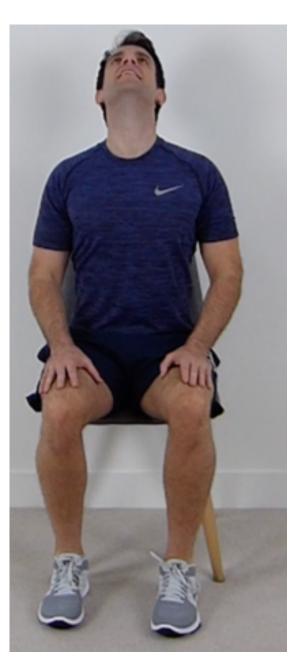
UPPER BODY CHAIR STRETCHES

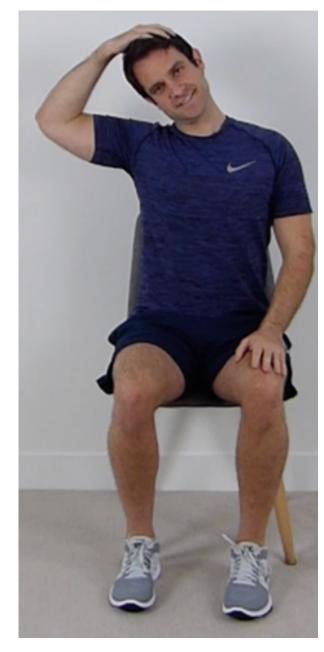
Hold each pose for at least 30 seconds & repeat

N E C





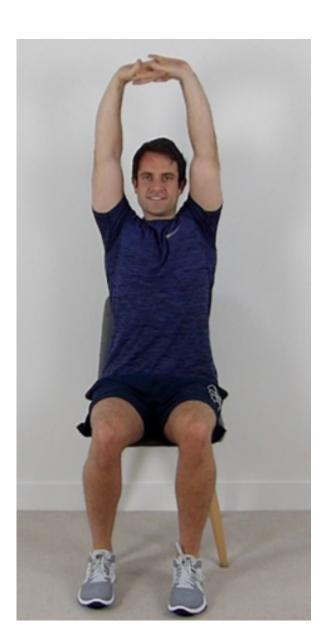














ARM SHOULDER

WRIST

I O R S

