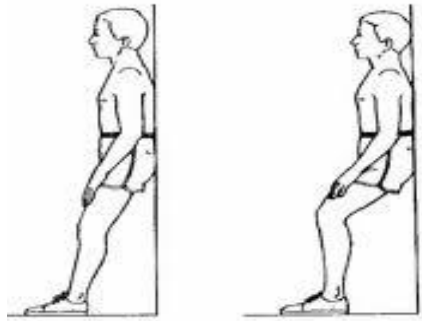


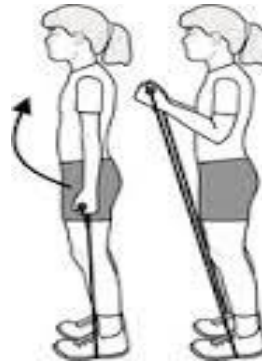
## Strengthening Exercises

### Partial Squats



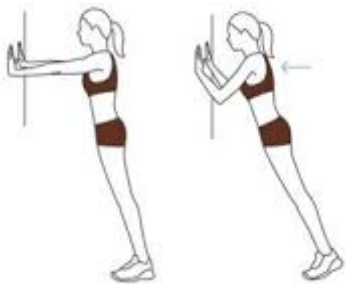
- Feet shoulder width apart
- Slide back down wall
- Keep knees aligned with ankles

### Bicep Curls



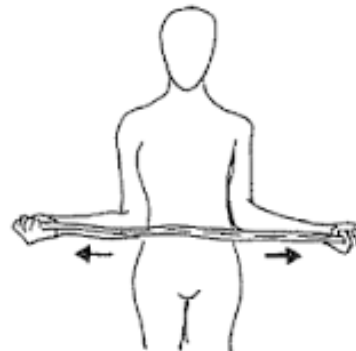
- Standing upright
- Set shoulders
- Keep elbow beside body, palm facing up
- Curl arm up, keep elbow beside bdy

### Wall Pushups



- Standing with neutral spine with feet away from the wall
- Place hands shoulder width apart on the wall
- Press against the wall, pushing yourself away from the wall

### Shoulder Rotation



- Set shoulders (roll back and down)
- Elbows bent at side of the body
- Rotate your hands out, keeping your elbows at your side