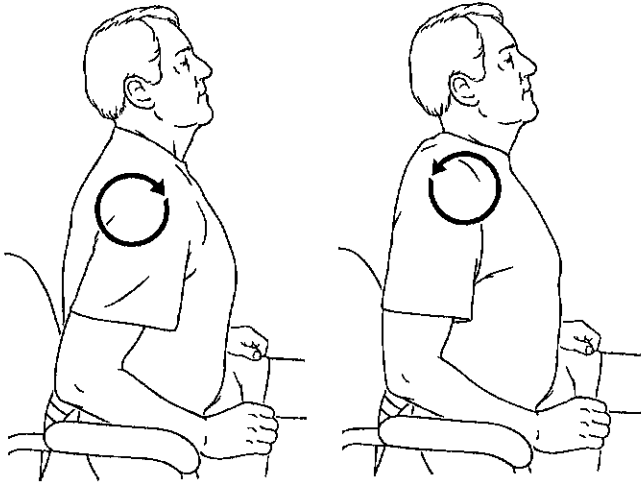
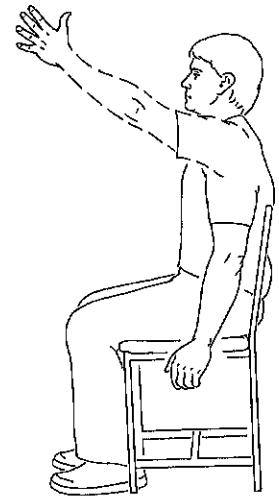


MAKE CIRCLES WITH SHOULDERS FORWARD AND BACK



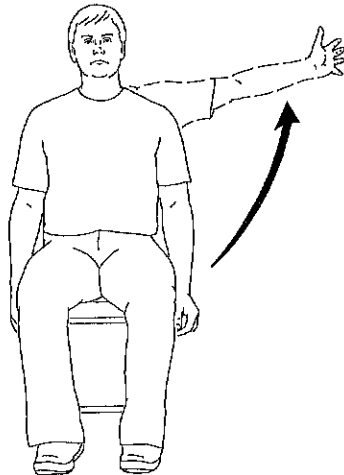
RAISE ARMS STRAIGHT UP ONE AT A TIME OR BOTH AT THE SAME TIME IF ABLE

CAN PROGRESS TO HOLDING A CAN OF SOUP OR WATER BOTTLE AS ONE POUND WEIGHT IN EACH HAND

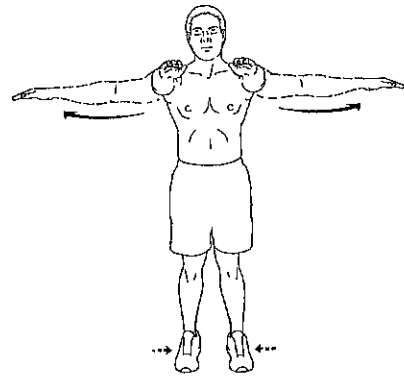


RAISE ARMS OUT TO SIDE AND UP IN AIR LIKE A JUMPING JACK-ONE AT A TIME OR BOTH AT SAME TIME IF ABLE.

CAN PROGRESS TO HOLDING A CAN OF SOUP OR WATER BOTTLE AS ONE POUND WEIGHT IN EACH HAND



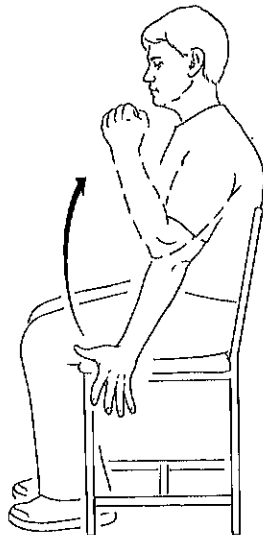
WITH ARMS AT SHOULDER HEIGHT, REACH ARMS OUT TO SIDE AND BACK TO FRONT



CAN PROGRESS TO HOLDING A CAN OF SOUP OR WATER BOTTLE AS ONE POUND WEIGHT IN EACH HAND

BEND AND STRAIGHTEN ARMS AT THE ELBOW

CAN PROGRESS TO HOLDING A CAN OF SOUP OR WATER BOTTLE AS ONE POUND WEIGHT IN EACH HAND



CHAIR PUSHUP

PUSH DOWN ON CHAIR ARMS TO LIFT BOTTOM OFF SEAT OF CHAIR

