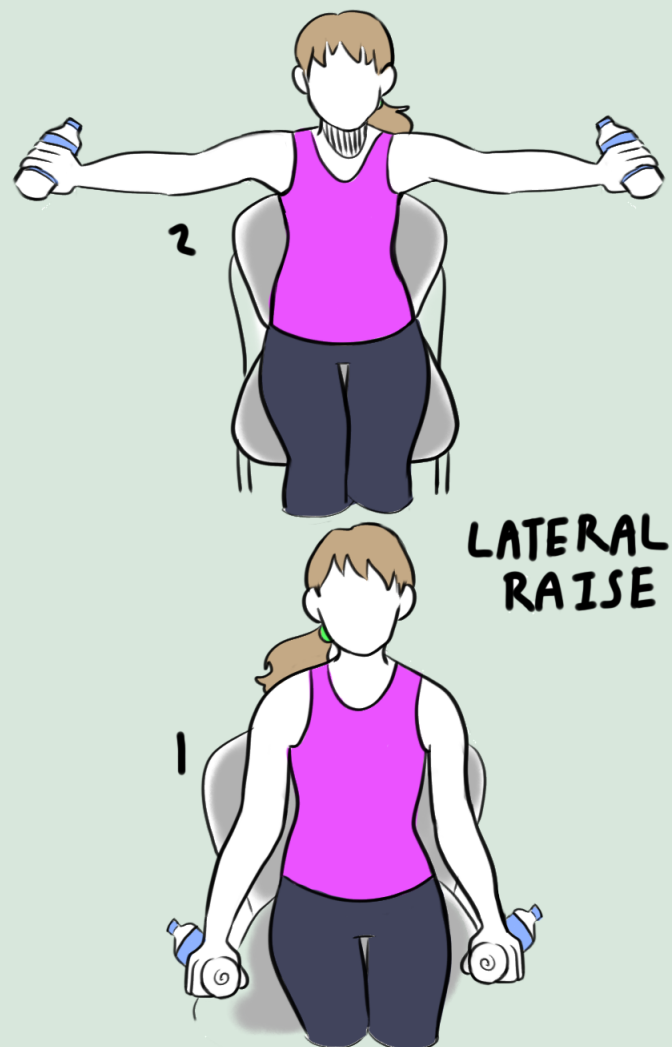
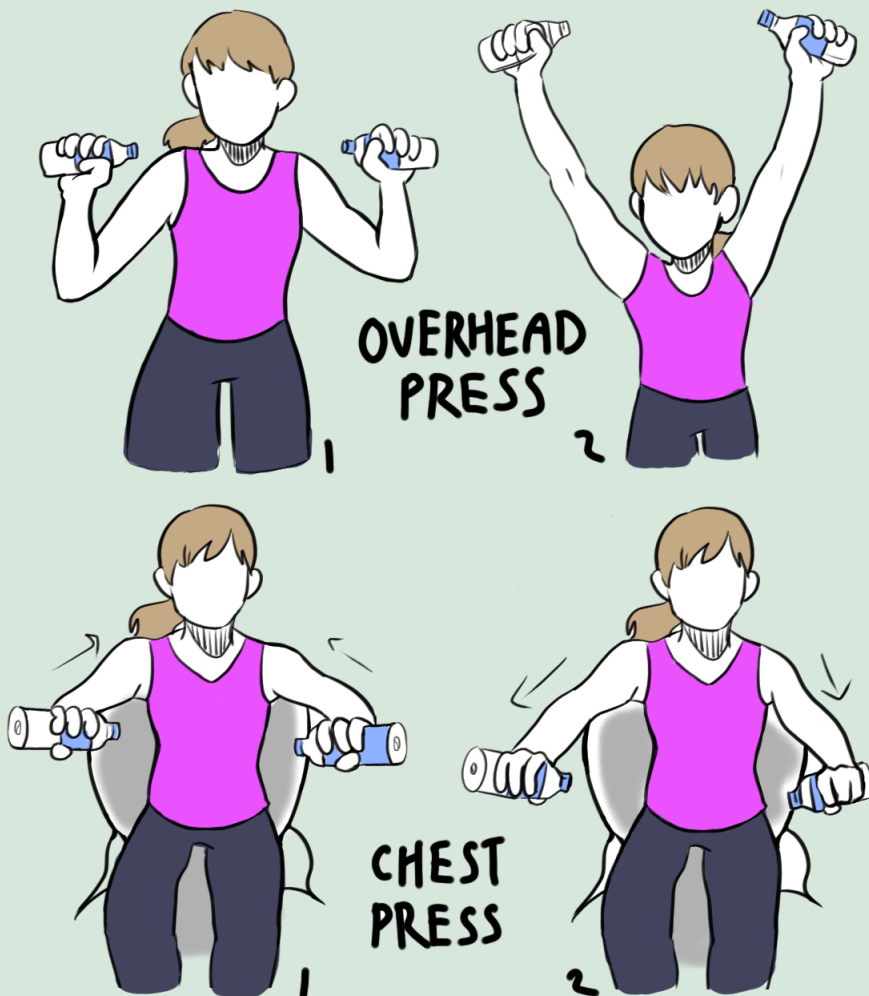
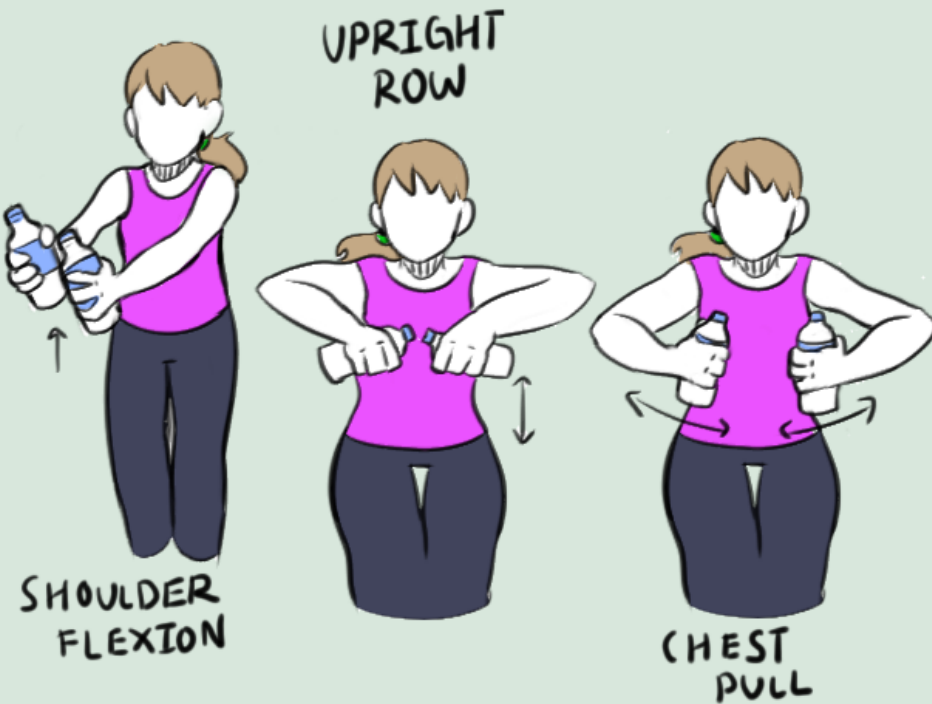
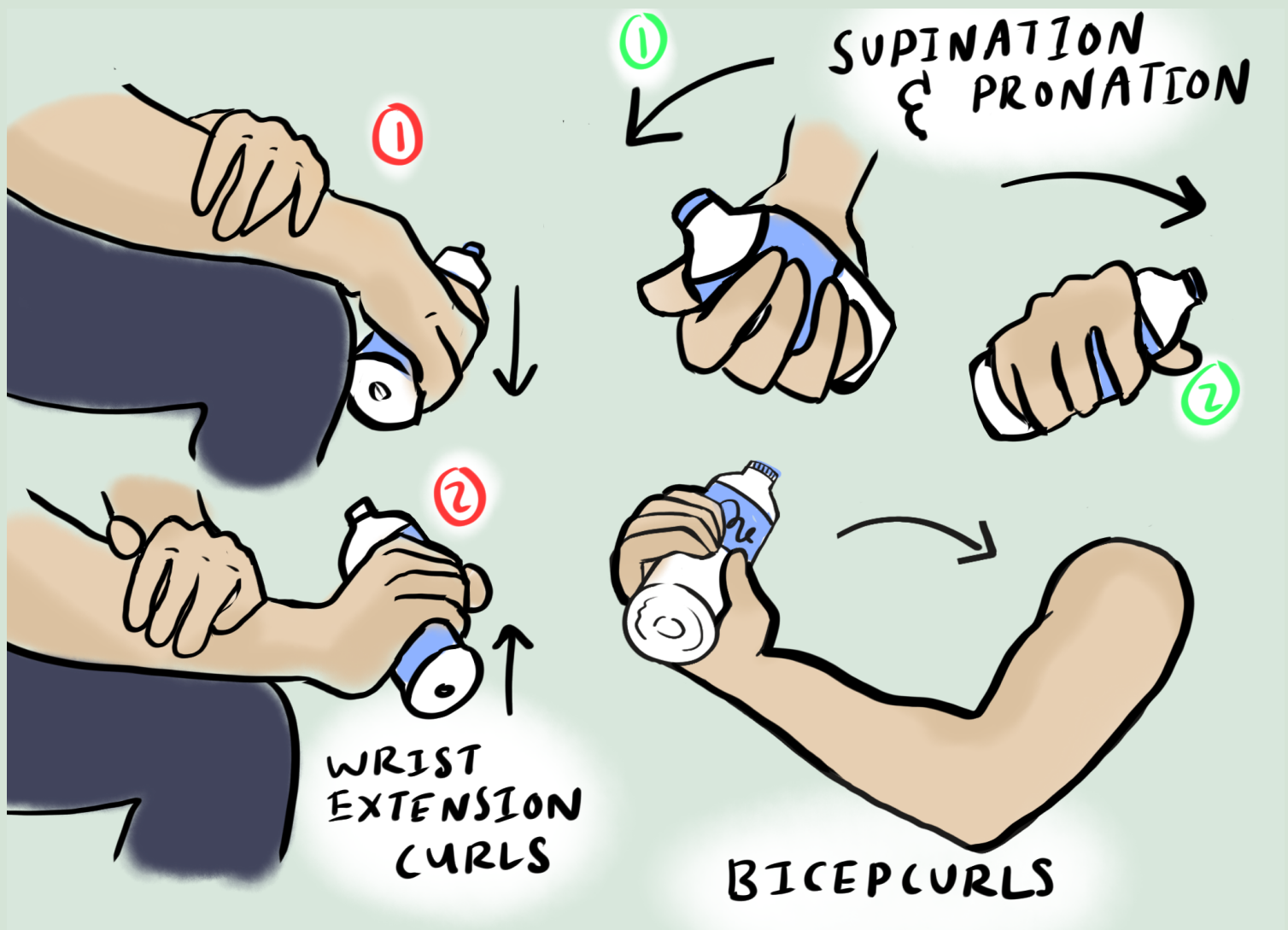


Upper Body Resistive Exercise

- Perform 1x day
- Repeat 10 times each exercise



No equipment, no problem!



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Lower Extremity Exercises Using a Rolled Up Towel

