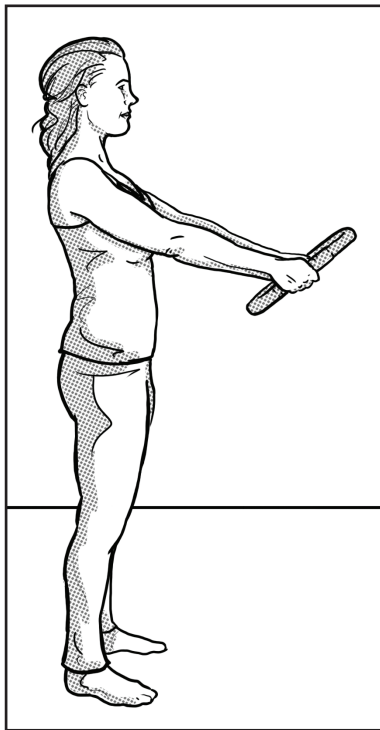
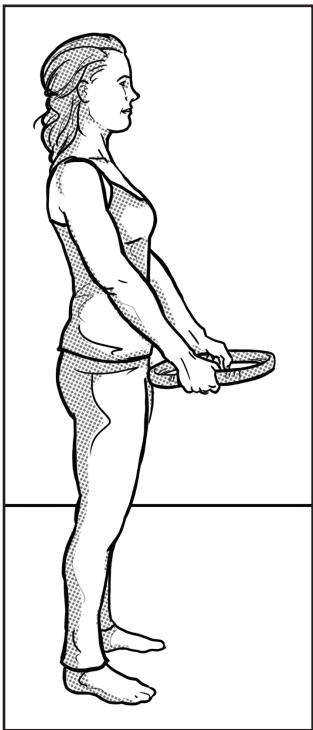


UPPER EXTREMITY RING EXERCISES

UPPER BODY FUNCTIONAL EXERCISES

NAME _____ DATE _____ PERFORM _____ TIMES EVERY _____ DAY / WEEK



VARIATION 1, SQUEEZING RING

1. Stand with feet shoulder width apart. Hold ring in front of you starting with ring at rest in front and down position. Squeeze ring together as you raise your arms over your head and back down. Then place ring behind your back and squeeze together.

Perform _____ times.

VARIATION 2, PULLING RING

Stand with feet shoulder width apart.

Hold ring in front of you starting with ring resting in front and down position. Pull ring apart as you raise your arms over your head and back down. Then place behind your back and pull apart.

Perform _____ times.