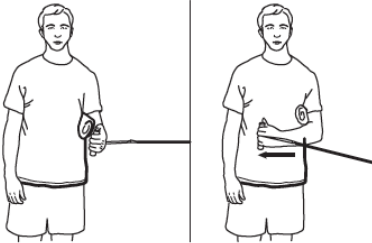


### Strengthening: The "4 pack" with Theraband

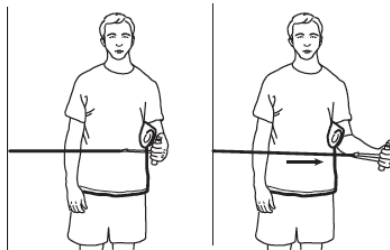
10 repetitions per set, 2 sets, twice daily

Therabands: red → green → blue

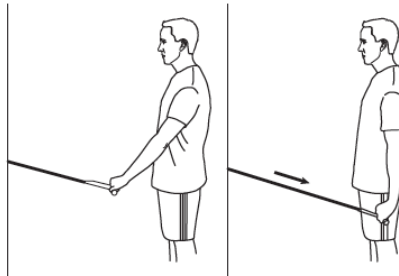
Inward rotation



Outward rotation



Low row



Biceps Curl

