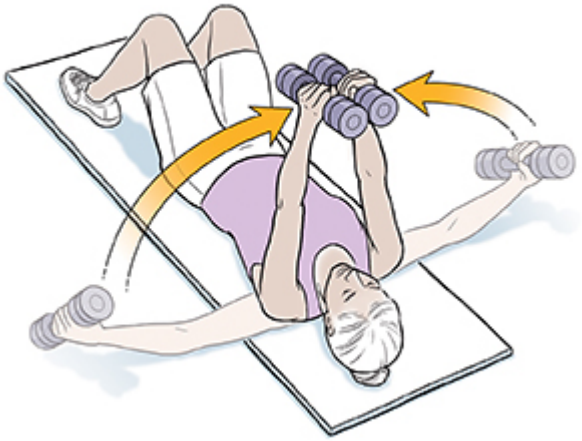
Chest Exercises

This exercise stretches and strengthens your upper body. Before starting, read through all the instructions. During the exercise, breathe normally and use smooth movements. Stop if you feel any pain. If pain persists, call your healthcare provider.

- Lie face up on a flat bench or on the floor with knees bent. Hold a ____ pound weight in each hand. Extend your arms out to the side with elbows slightly bent and palms facing up.
- Keeping your elbows bent, raise your arms upward until the weights touch. Slowly return to the starting position.
- Repeat ____ times. Do ____ sets ____ times a day.



Caution

Work slowly, using controlled movements. Keep your knees bent.

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