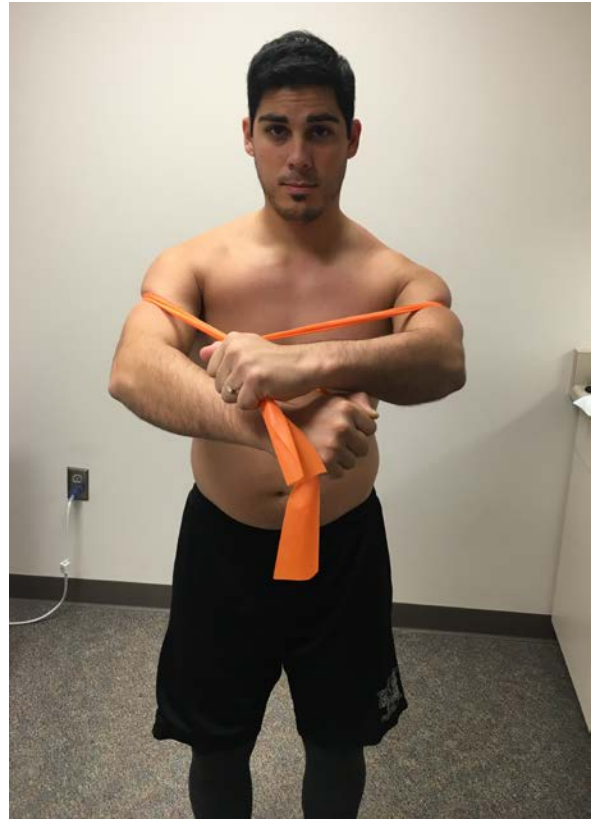




Dynamic Hug



1. Begin with theraband behind your back crossing over your shoulder blades, with arms out to the side and elbows bent.
2. Hold end of theraband in each hand with tension on the band.
3. Squeeze shoulder blades to together while you bring your arms out to the side.
4. Then bring your arms in front of you crossing one arm over the other while you bring your shoulder blades apart.

Hold each repetition _____ second(s).

Do _____ repetition _____ times per day.