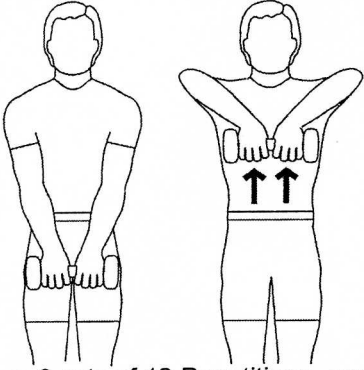


Resist shld upright rows bil w/wt



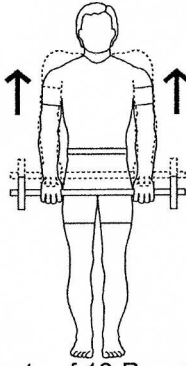
Perform 3 sets of 12 Repetitions, once a day.

Use 2.5-5.0 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist shld shrugs w/barbell



Perform 3 sets of 12 Repetitions, once a day.

Use 2.5-5.0 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: MMPC Orthopaedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Signature: _____