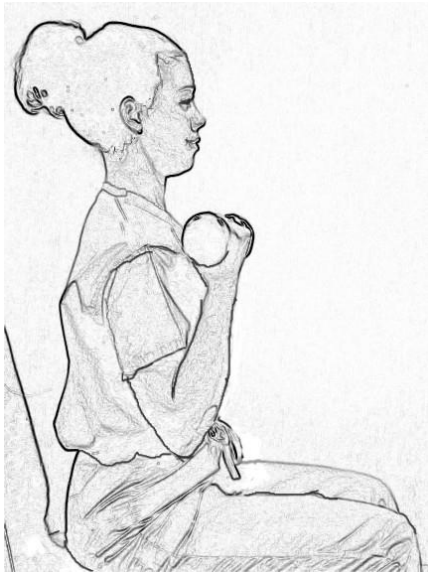
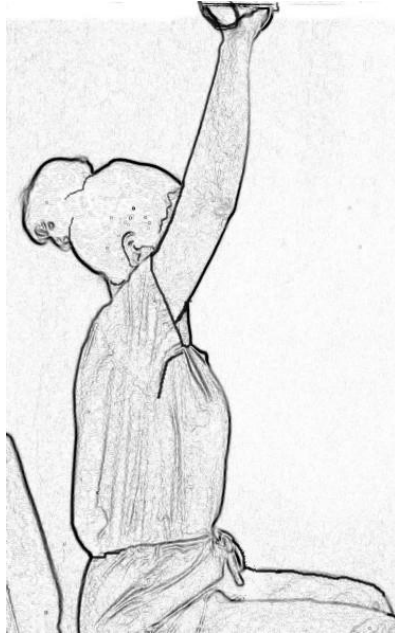


Free Weight Exercises for the Arm and Back



1. **Curl** to shoulder



2. **Reach** high

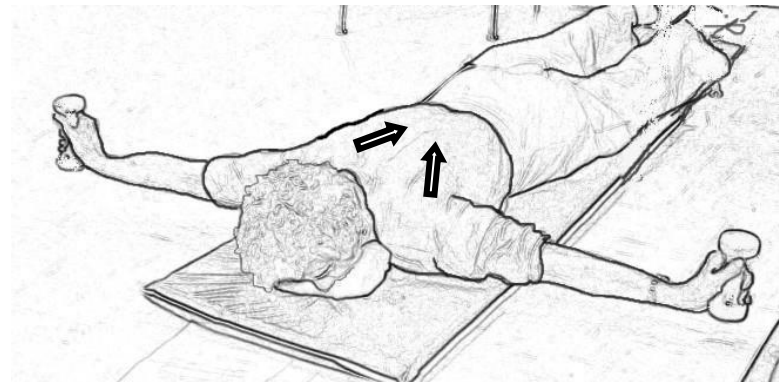


3. **Bend** backward

**BACK STRAIGHT, STOMACH IN, EAR OVER SHOULDER,
SHOULDER BLADES PINCHED BACK TOGETHER**



1. **Support** both hands against wall while **sliding weight** up wall



2. Pinch shoulder blades together, **lift arms**, keeping feet pressed down, stomach tight, chin tucked.