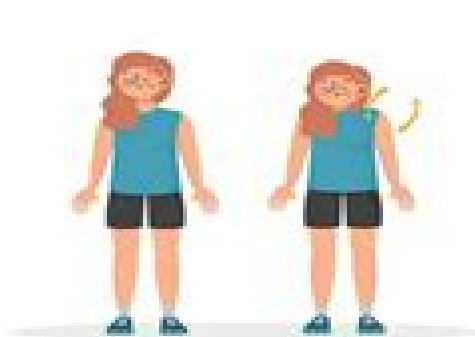


UPPER BODY EXERCISE PROGRAM | 1 of 2

These exercises may be done with no-weights, a resistance band, a wrist weight, or a dumbbell - use the resistance recommended by your therapist. Complete all the exercises with your therapist first to make sure that your posture, execution, pacing, and breathing during each repetition is correct. Complete each exercise at a slow, controlled pace, and complete the full movement (to your capability) during each repetition. If this becomes too easy, you may add 1-2 repetitions per set.



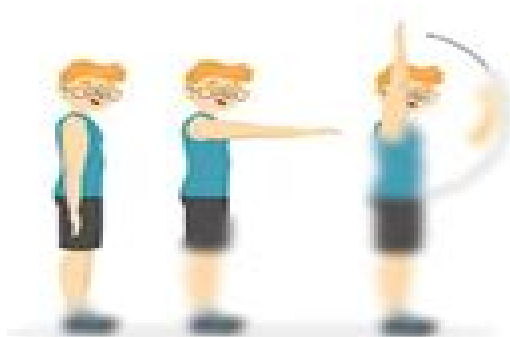
SHOULDER CIRCLES

Shrug your shoulders around in circles (forward, up, back, and down to resting), first forward, then backward.

SETS _____ REPS _____

TIMES PER DAY/WEEK _____

NOTES _____



SHOULDER FLEXION

With your elbow tucked in, lift your arm straight up and over your head. Lower your arm back down to rest.

SETS _____ REPS _____

TIMES PER DAY/WEEK _____

NOTES _____



SHOULDER ABDUCTION

With your elbow tucked in, lift your arms straight out to the sides. Lower your arms back down to rest.

SETS _____ REPS _____

TIMES PER DAY/WEEK _____

NOTES _____

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Body Image Therapy A Program For Selfdirected Change

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Body Image Therapy A Program For Selfdirected Change:

Reviewing **Body Image Therapy A Program For Selfdirected Change**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Body Image Therapy A Program For Selfdirected Change**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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