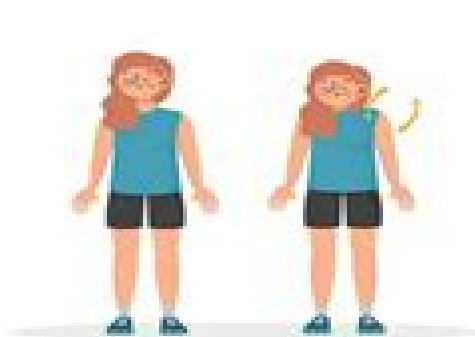


UPPER BODY EXERCISE PROGRAM | 1 of 2

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.



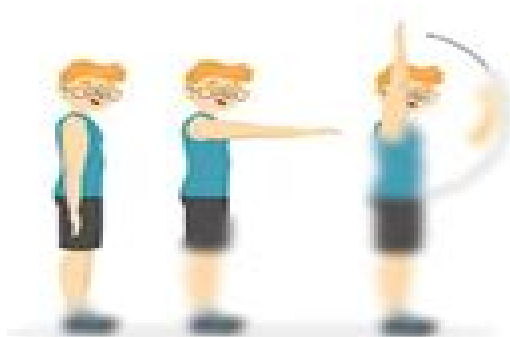
SHOULDER CIRCLES

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 in front of you. Lower your arm back to the starting position.

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 to the starting position.

SETS _____ REPS _____

TIMES PER DAY/WEEK _____

NOTES _____

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Body Image Therapy A Program For Selfdirected Change

M Tight



Body Image Therapy A Program For Selfdirected Change:

Decoding **Body Image Therapy A Program For Selfdirected Change**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Body Image Therapy A Program For Selfdirected Change**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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