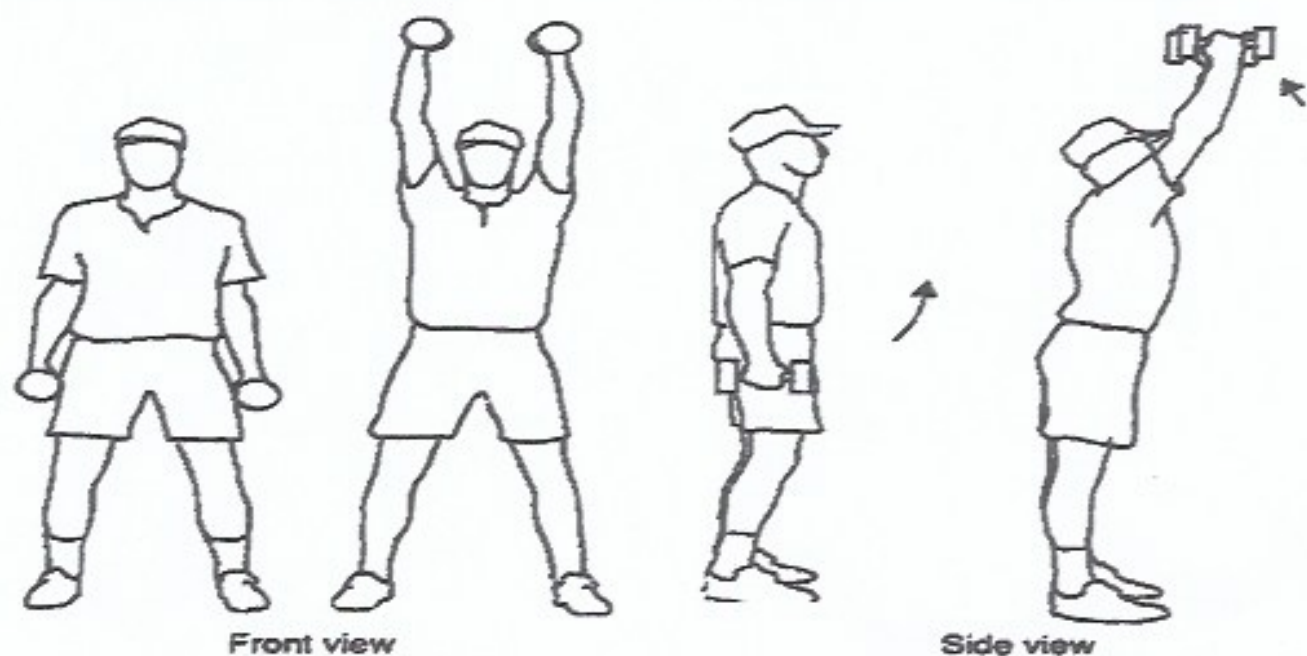


Exercise #5: Start with weights hanging at sides and lift straight out and up to full extension of arms overhead. Stretch shoulders and lower back when weights are fully extended. Option: Rotate thumbs forward with the lift and when returning hands to start position.



Exercise #6: Start with weights hanging at sides and lift away from body into a T position with arms fully extended. Have weights slightly forward of the shoulders and point thumbs down with the lift.

