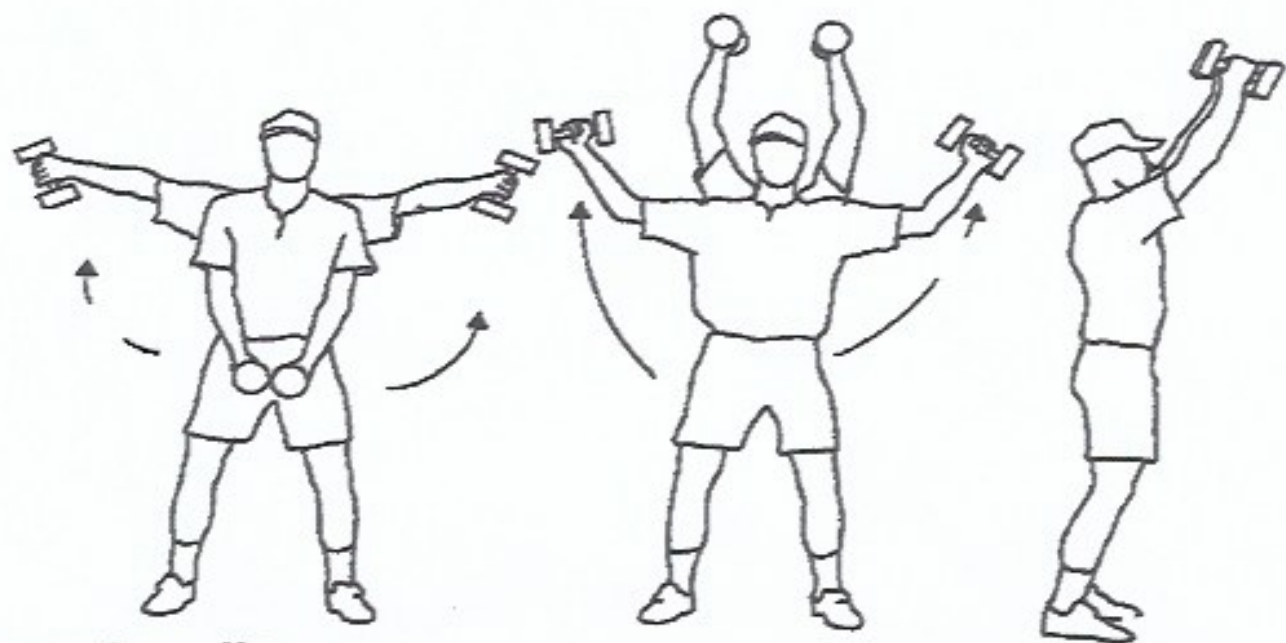


EXERCISE #7: Start with weights touching together in front of groin. Lift away from body in a windmill action. touching weights at a point in front of head (not over the top) with arms fully extended. And return slowly. Rotate palms down and out. then up and in as weights touch on top. Do the same going down. (Remember to keep your arms slightly in front of your head.)



Exercise #8: Bend over and let weights rest on floor in a toe touch position. Alternate lifting weight to shoulder leaving opposite weight on floor. Option: Rotate thumbs forward or backward with each lift to tolerance.

