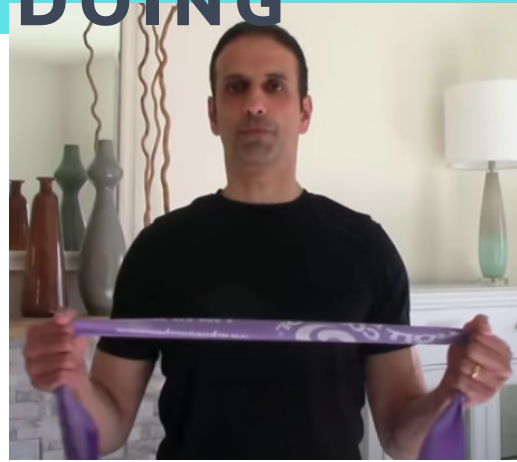


5 EXERCISES ALL SENIORS SHOULD BE DOING

1

SCAPULAR RETRACTIONS:
ROTATOR CUFF
STRENGTHENING 3 SETS 8-12
REPS, 2-3 SEC HOLD



2

BRIDGING
3 SETS 8-10
REPS, ADJUST
INTENSITY



3

CHAIR SQUATS
3 SETS 8-10



4

HEEL LIFTS
3 SETS 8-10,
PROGRESS
TO SINGLE
LEG



5

GRAPEVINE 15
SECONDS EACH
DIRECTIONS

