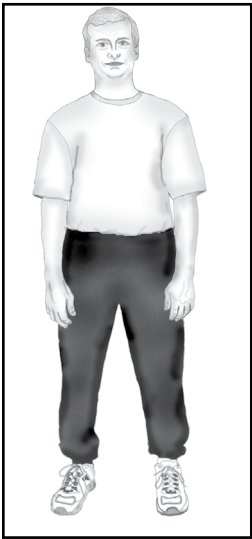


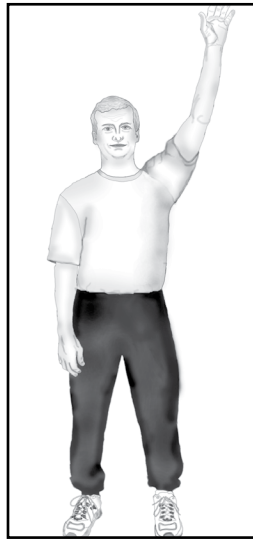
Graded Exercise METS 2.1

General Information

- Start your exercises by taking 5 deep breaths.
- Do each exercise for 2 minutes.
Rest 1 minute between exercises.
- Do these exercises 2 times each day.
- Start with your arms straight down at your sides (pose 1).
- Keep your right arm straight and raise your left arm forward and up over your head (pose 2). **Be careful not to overstretch.**
- Return your arm to your side (pose 3).
- Keep your left arm straight and raise your right arm forward and up over your head (pose 4). **Be careful not to overstretch.**
- Return your arm to your side (pose 5).



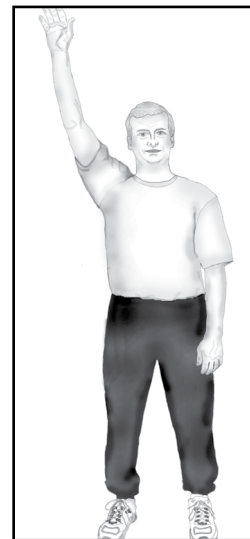
pose 1



pose 2



pose 3



pose 4



pose 5