

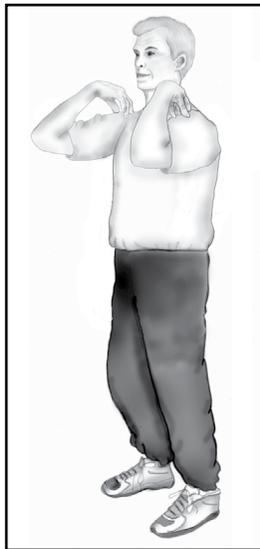
Graded Exercise METS 1.8

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).
- Raise both hands to shoulder level in front of your body (pose 2).
- Extend your arms straight out to the sides (pose 3).
- Return your hands to shoulder level (pose 4), then return them to the sides of your body (pose 5).



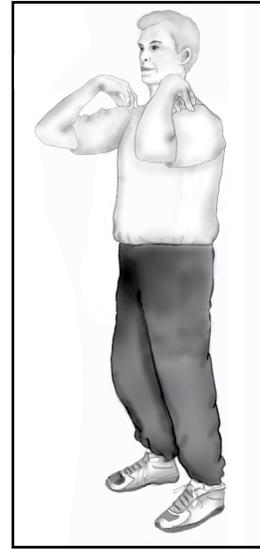
pose 1



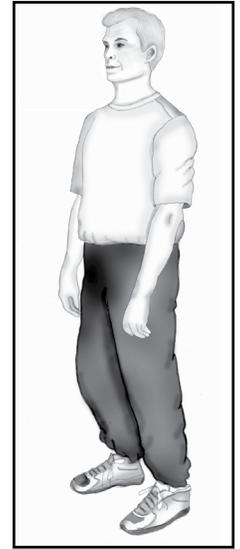
pose 2



pose 3



pose 4



pose 5