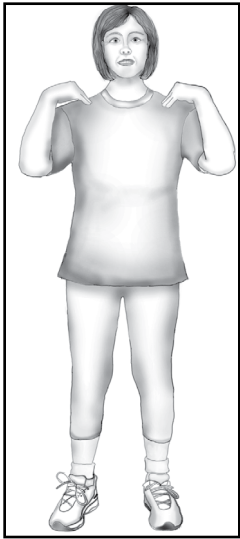


# Graded Exercise METS 2.8

## General Information

- Start your exercises by taking 5 deep breaths.
- Do this exercise for 1 minute only.
- Do these exercises 2 times each day.
- Raise your hands to shoulder level (pose 1).
- Reach out and stretch toward the right (pose 2).
- Return your hands to shoulder level (pose 3).
- Reach out and stretch toward the left (pose 4).
- Return your hands to shoulder level (pose 5).



pose 1



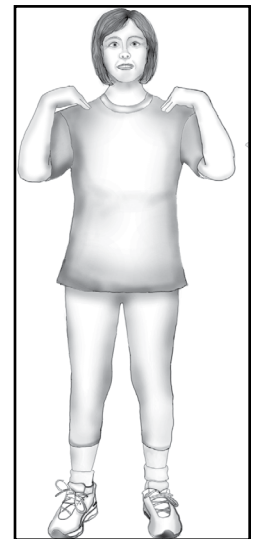
pose 2



pose 3



pose 4



pose 5