

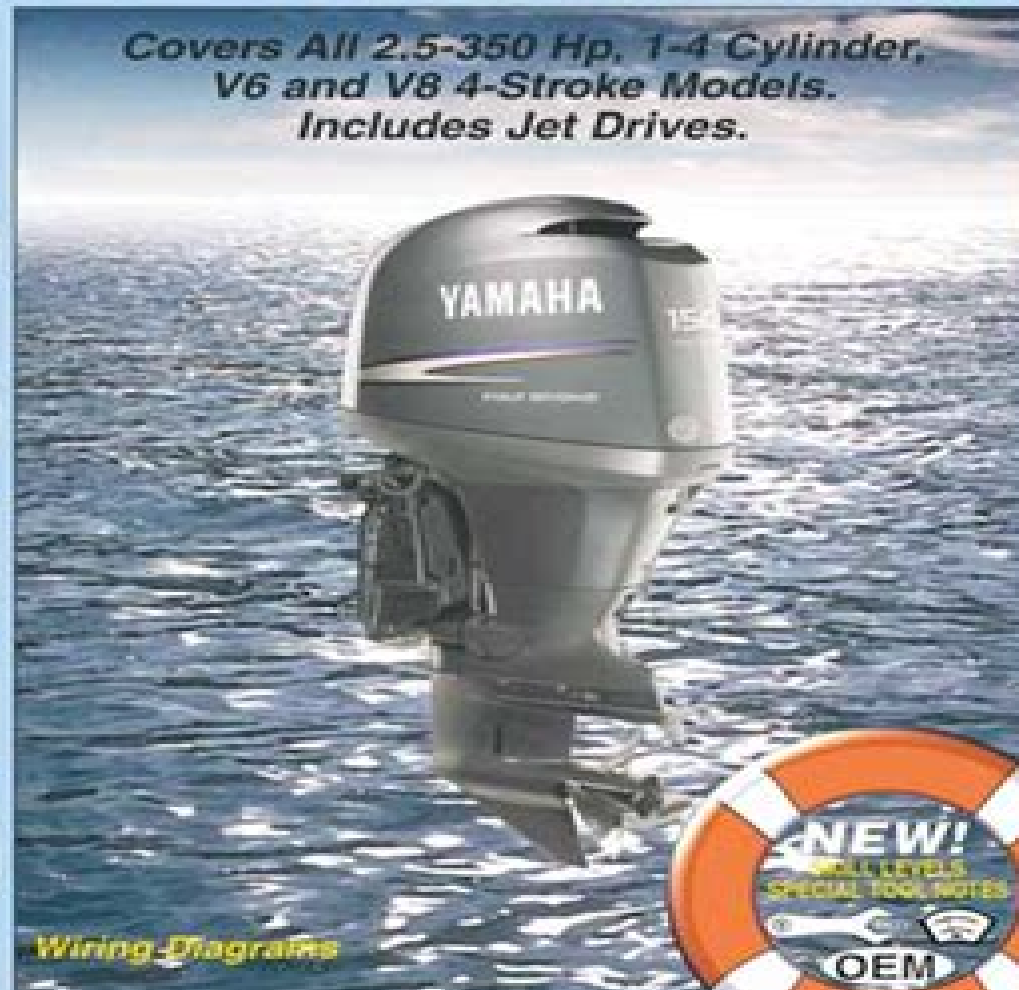
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web sit or stand up straight grasp an exercise band with your hands about shoulder width apart raise both arms overhead

palms of your hands facing forward slowly pull one arm down and to the side bending your elbow and stretching the band until your elbow is at shoulder height hold for 1 to 2 seconds

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