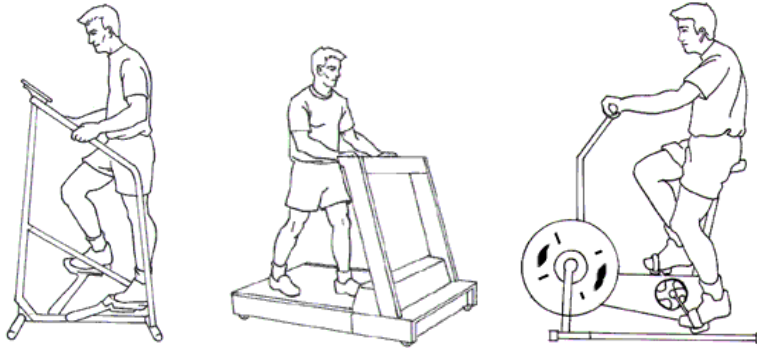


# Program A – Basic Fitness Program

Make sure you consult your therapist and physician before you start this or any exercise program.

Aerobic Exercise – 30 minutes total

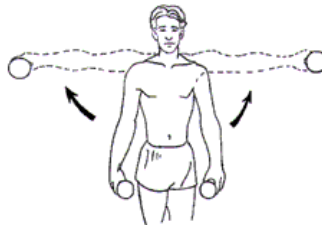


Weight Training – 2-3 sets of 10 to 15 repetitions per exercise

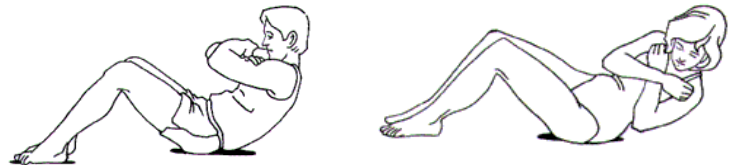
1. Chest Press



2. Shoulder Lateral Raises



3. Abdominal Crunch, Oblique Crunch



# Program A – Basic Fitness Program

Flexibility Exercise – hold each stretch 20-30 seconds and repeat 2 times each

## 1. Chest Stretch



## 2. Shoulder Stretches



## 3. Back Stretches

