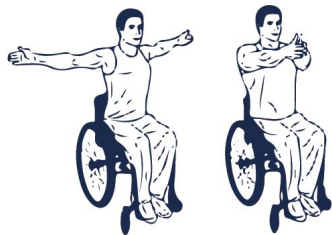


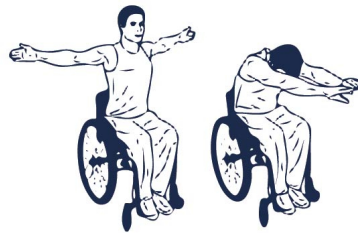
# 5 WHEELCHAIR EXERCISE



20 chest expansions



20 side arm raises



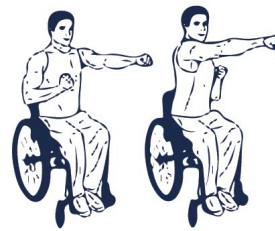
10 dives



10 raised arm circles  
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches