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1. While Standing, Raise The Arm Slightly Away From The Body As Shown. 2. Place The Other Hand On Top Of Your Arm And Push Down. Do Not Allow Your Arm To Move. Push As Hard As You Can Without Having Any Pain Or Moving The Arm. 3. Hold This Position For Seconds And Then Slowly Return To The Starting Position. 4. Repeat Exercise Times, Times Per Day. May 3th, 2024

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