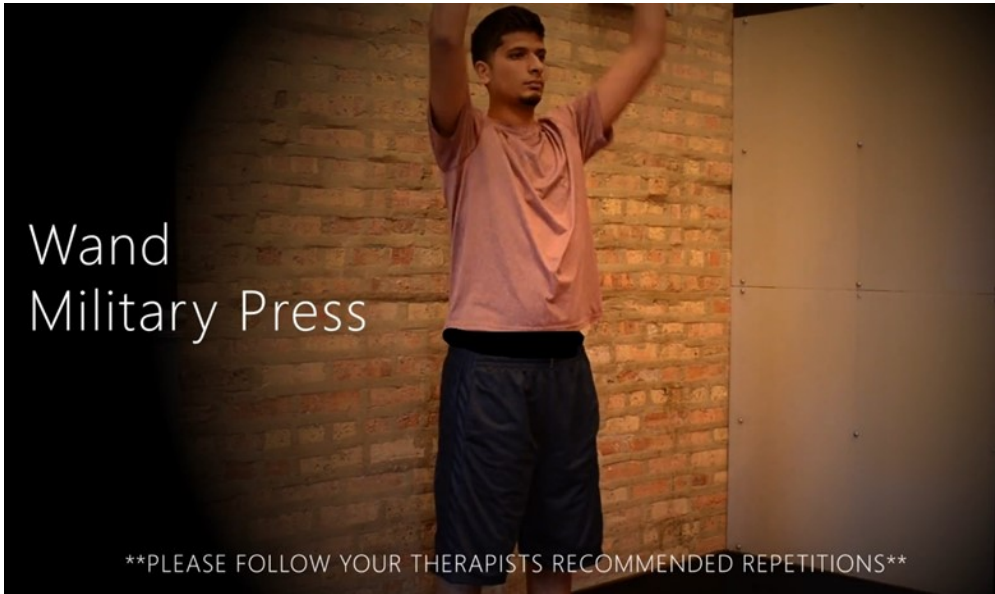


While sitting or standing, start by holding stick such as a wand, cane, or reacher at chest height.



Next, slowly push the wand upwards towards the ceiling until your elbows become fully straightened. Then, return to the starting position.

_____ Sets

_____ Repetitions

