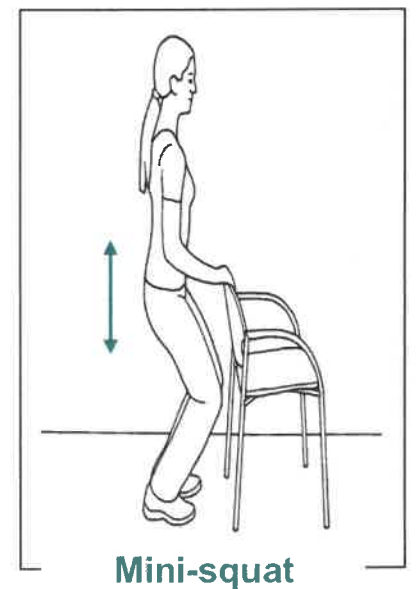
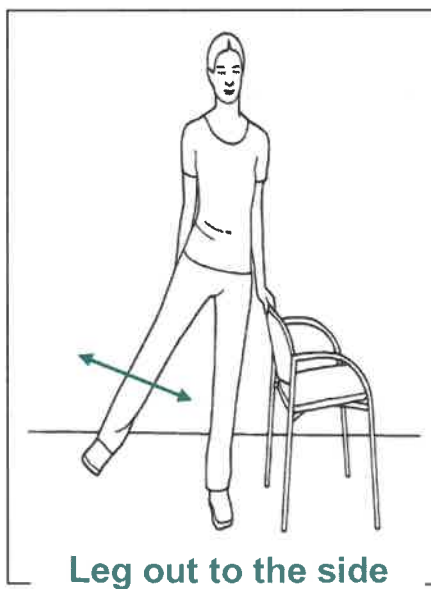
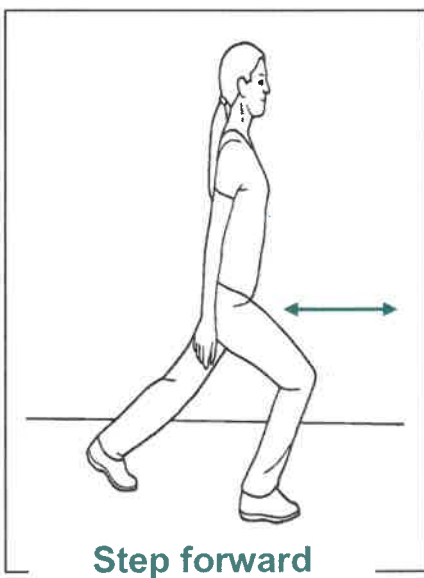
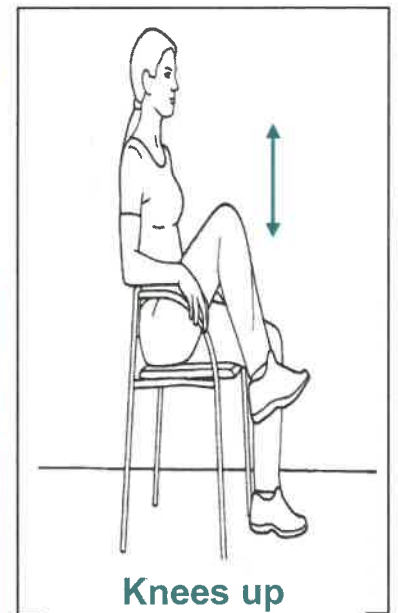
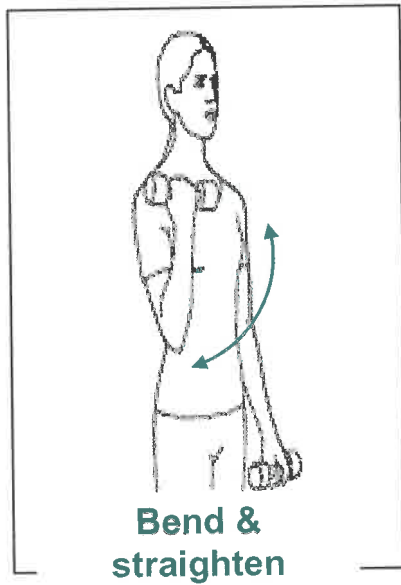
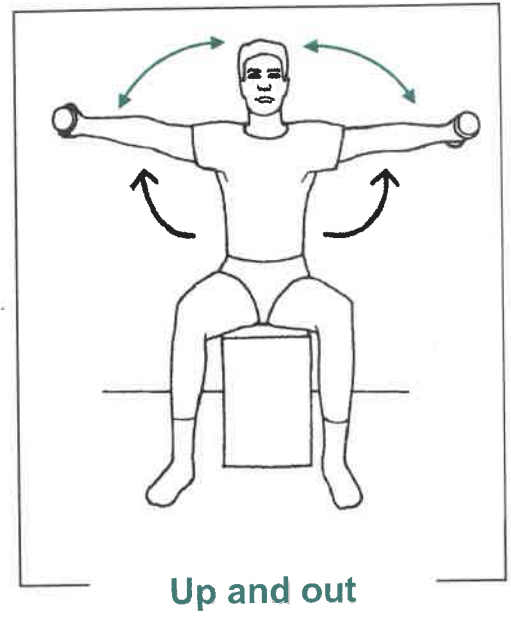
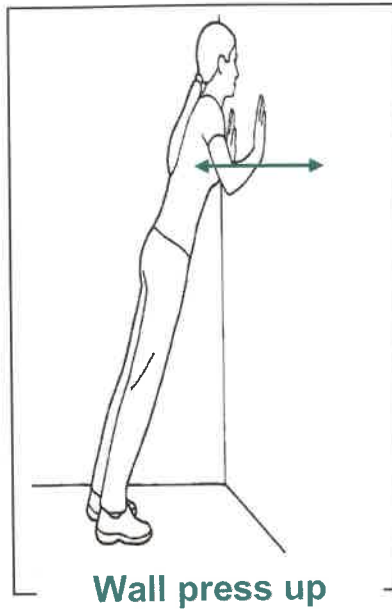
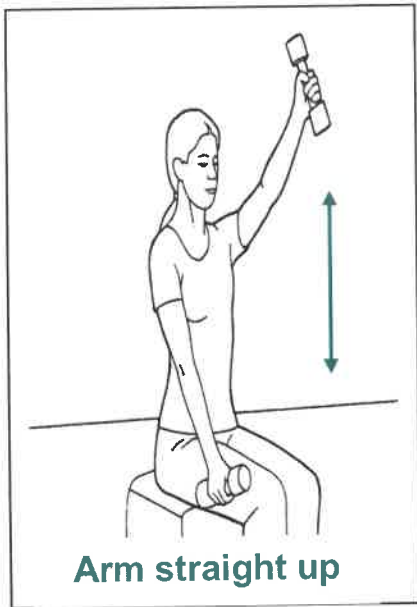


**How Hard Should It Be?**  
Modified Rate of Perceived Exertion (RPE) Scale

0	No exertion	
1	Very, very light	
2	Very light	
3	Moderately light	
4	Light	
5	Moderate	
6	Very slight challenge	
7	Hard	
8	Very hard	
9	Very, very hard	
10	Extremely hard	



See other side for instructions



**INSTRUCTIONS**

- Exercise gently.
- Build to 1 minute for each exercise.
- Take a short rest when you need to.
- Repeat for 15 mins.
- Avoid Exhaustion or Pain

**Reach up**

