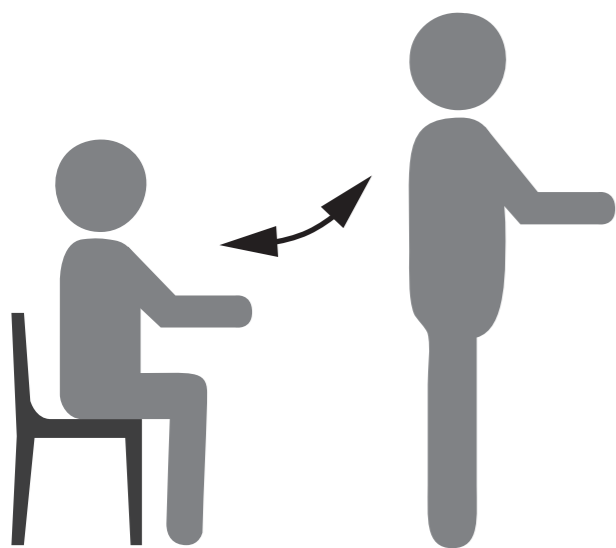
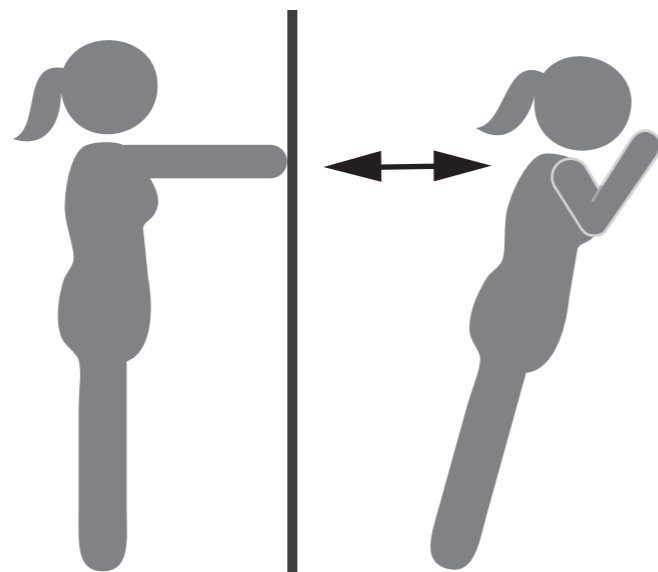


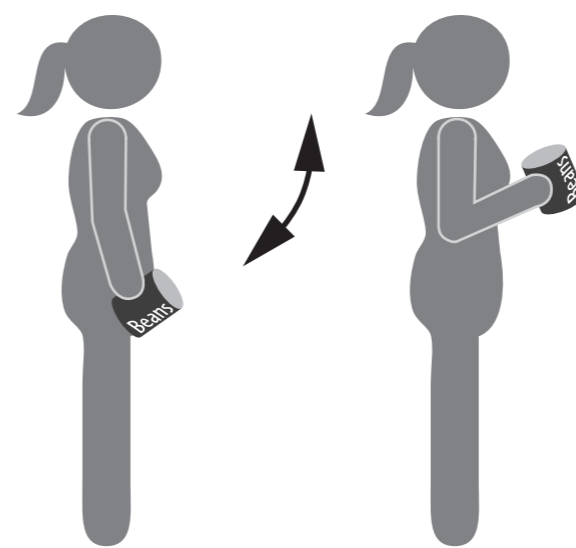
Home-based muscular strength exercises



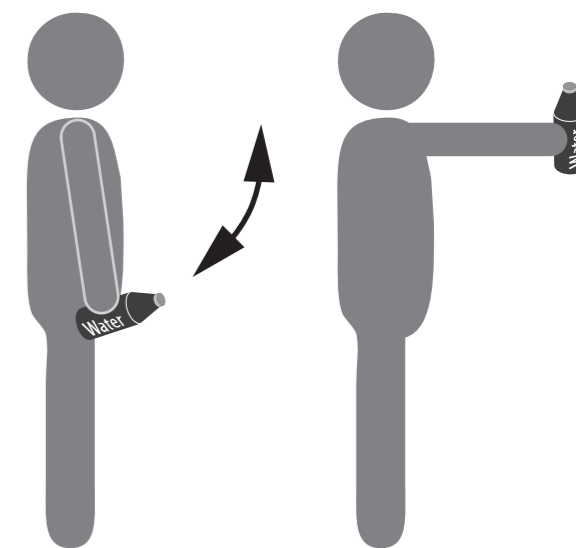
Sit to stand



Wall press up



Bicep Curls



Front arm raise

Slow controlled movements. Start with a low number and increase gradually