1. **Wings**

Place hand on stomach above belly button and just below sternum. Press hand into stomach while rotating elbow forward. Do **not** bend wrist or move shoulder forward.

**Perform _____ repetitions.**
2. **Belly Press**

Attach a theraband to a doorknob or other stable structure about waist high. Hold tightly to the other end with elbow bent at approximately 90°. Extend hand and elbow 4-6 inches away from stomach. Keeping your elbow extended from your body, rotate your arm bringing your hand into your stomach.

Perform _____ repetitions.

3. **Lift-Off**

Stand with feet square and bend slightly at the waist. Place back of hand on beltline in middle of back. Lift hand off by rotating away from body without moving elbow.

Use chair with opposite hand for support if necessary.

Perform _____ repetitions.