

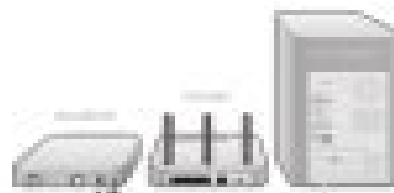
### Setup Overview

**Step 1** Hardware Connections:  
Use the instructions in this Guide to connect your Router, computer, and modem.

**Step 2** Automatic Configuration:  
Insert the CD into your computer and follow the on-screen instructions.

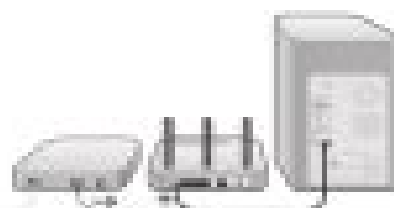
**Step 3** Connect other Computers:  
The CD can assist you in connecting other computers to your local network.

### Step 1 - Hardware Connections



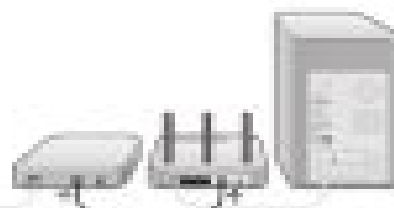
**A**

Unplug your modem's power cord.  
Put the Router next to the modem.  
Raise the Router's antennas.



**B**

Locate the networking cable that connects your modem and computer.  
Unplug that cable from your modem, and plug it into any gray port on the back of the Router.



**C**

Find your new networking cable (it came in the box with your Router) and connect it to the yellow port on the back of the Router.  
Connect the other end to your modem, in the port that's now free.

# Belkin N1 Wireless Router User Manual

**Rachel Sandford**



## **Belkin N1 Wireless Router User Manual:**

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web theraband exercises for upper arms seated wheelchair this seated upper body workout uses 12 moves to target the muscles in the chest back shoulders and arms as well as the core all from your chair start this exercise by sitting down in a chair with your back straight perform 10 repetitions with each arm before taking thera band exercises for

**upper body thera band exercise program basic shirley** - Jul 16 2023

web upper body thera band exercise program basic author uzma khan patient name therapist name this program is to be used to improve upper body strength and range of motion many of the exercises focus on muscles of the shoulders chest and upper back

upper and lower extremity resistance band exercise program - Dec 09 2022

web 13 arm extension a hold one end of the band in each hand with arms shoulder width apart b bring both hands to your chest one arm keeps the band to your chest while your other arm straightens to your lap c slowly return

**upper extremity theraband exercises sitting aurora health care** - Aug 17 2023

web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web this program is used to improve upper body strength and range of motion many of the exercises focus on muscles of the shoulders chest and upper back general instructions complete all exercises while seated in a chair with

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

*theraband exercises you can do in bed university of washington* - Dec 29 2021

web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times  
page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

arm workouts for wheelchair users and seniors puregym - Aug 05 2022

web mar 30 2022 incline bench press this works the pectoral muscles in the front of your chest the anterior deltoids at the

front of your shoulders and your triceps at the upper back of your arms for the exercise position you want to sit nearer the front of your chair then lean back slightly and rest your shoulders and upper back on the back of your chair