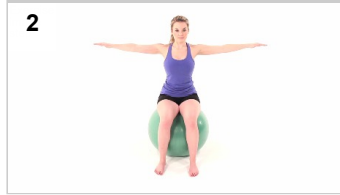


Arm Circles on Swiss Ball

REPS: 10

SETS: 2



Setup

Begin sitting upright on a swiss ball. Raise your arms directly to your sides with your elbows straight.

Movement

Make small circles with your arms, first in one direction, and then in the other.

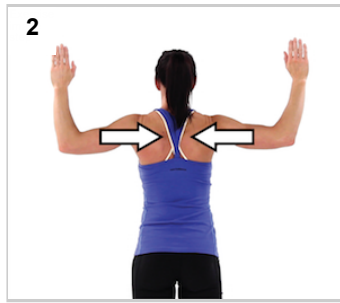
Tip

Make sure maintain your balance on the ball and do not arch your back during the exercise.

Standing Scapula "I,T,W,Y,X"

REPS: 10

SETS: 1



Setup

Begin in a standing upright position, knees soft. Then, keeping your back straight, bend over at the hips.

Movement

With your arms straight - Bring your hands by your hips, to make a letter "I" with your body - gently squeezing your shoulder blades together, then relax and repeat.

Next, bring your arms out from your body at a 90 degrees angle to make a "T" with your body. Repeat.

Then bend your arms and elbows to make a letter "W." Repeat.

Next, bring your arms up at an angle overhead to make the letter "Y." Repeat.

Finally, bring one arm up and one arm down, pause and switch arm positions to then make the letter "W."

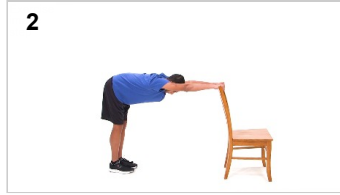
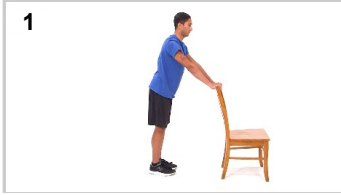
Tip

Make sure to keep your back straight. Do all reps in one position before moving to the next.

Step Back Shoulder Stretch with Chair

REPS: 2

HOLD: 15"



Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

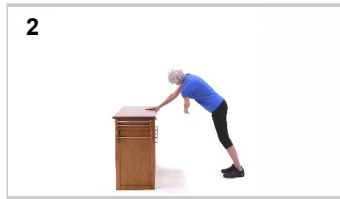
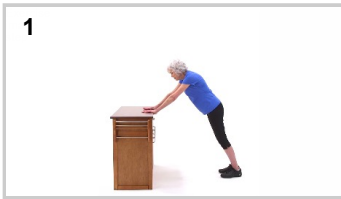
Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.

Plank with Thoracic Rotation on Counter

REPS: 10

SETS: 1



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Step backward into a plank position. Reach one arm underneath and across your body, then slowly rotate your trunk to reach your arm up toward the ceiling. Repeat with the opposite arm.

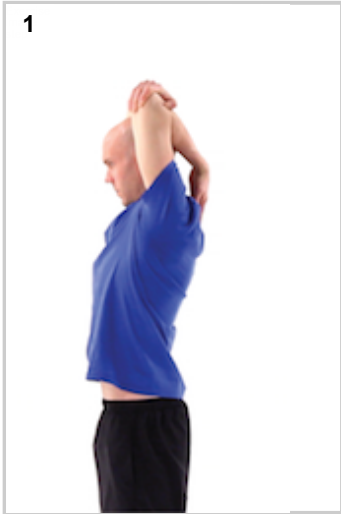
Tip

Make sure to keep your abdominals engaged and maintain your balance. Do not arch your back or shrug your shoulders during the exercise.

Standing Overhead Triceps Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

Tip

Make sure to keep your back straight during the exercise.

Seated Lifting Hands Behind Back

REPS: 2

HOLD: 15"



Setup

Begin sitting upright with your hands resting together behind your back.

Movement

Move your hands up your spine as far as you can, then slowly lower them back down and repeat.

Tip

Make sure to keep your back straight and shoulders relaxed during the exercise.

Standing Wrist Flexion Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Repeat on the other side.

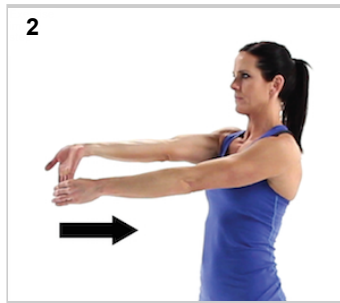
Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

Standing Wrist Extension Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.