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## Exercise 1/3

### **Starting position**

Lying on your back

### **Execution**

Alternately swing your right and left arm upwards/backwards and downwards/forwards (chopping motion)



### **Repeat**

Free number of times



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# Exercise 2/3

### **Starting position**

Sitting on stool in front of a mirror with arms raised, elbows bent and palms of your hands facing each other at chest height 10-20 cm in front of body.

#### **Execution**

Take your arms back and then forward again while facing the mirror.



#### **Repeat**

Free number of times



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# Exercise 3 / 3

### **Starting position**

Standing with your back to the wall keeping ball between your back and the wall



### **Execution**

Roll the ball sideways and from back to chest by taking side steps and turning around the body.



### **Repeat**

Free number of times

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