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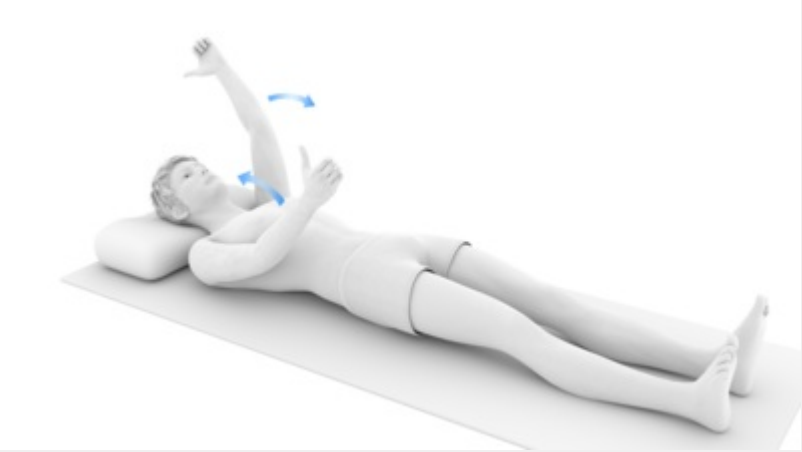
Exercise 1 / 3

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