

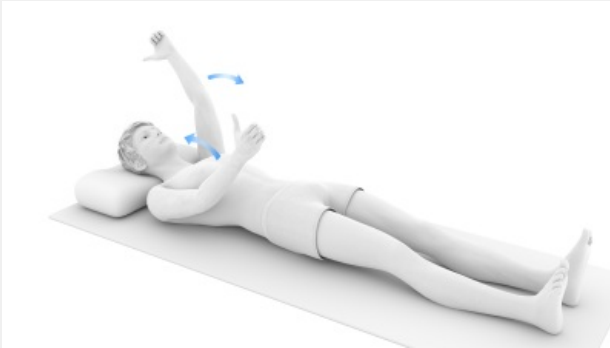
Exercise 1 / 3

Starting position

Asetu selinmakuulle

Execution

Heilauta vuorotellen oikeaa ja vasenta käsivartta eteen - taakse ja ylös - alas



Repeat

Haluamasi määrä

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.



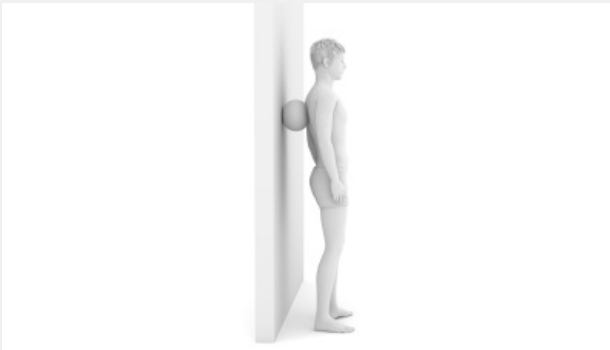
Repeat

Free number of times

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

