

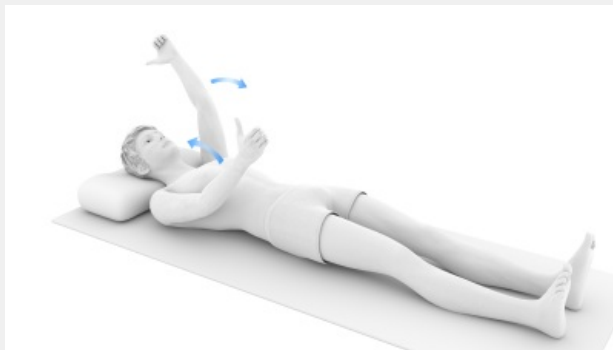
Esercizio 1 / 3

Posizione di partenza

Lying on your back

Esecuzione

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



Ripeti

Free number of times



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Esercizio 2 / 3

Posizione di partenza

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.

Esecuzione

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



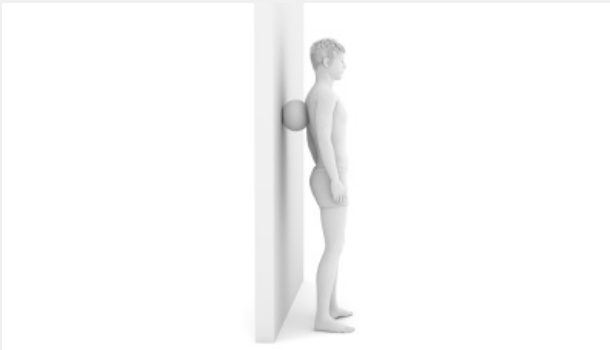
Ripeti

Free number of times

Esercizio 3 / 3

Posizione di partenza

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



Esecuzione

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



Ripeti

Free number of times

