

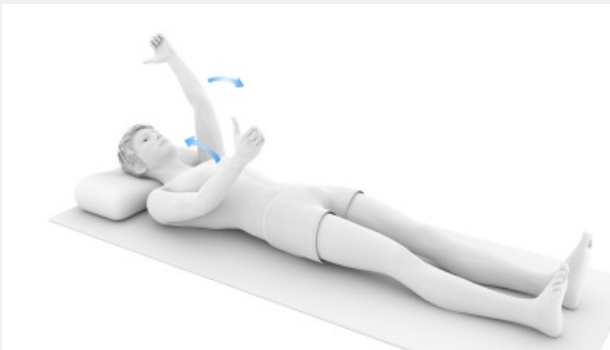
## **Esercizio 1 / 3**

### **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

## **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

