

LIE ON YOUR BACK WITH BOTH KNEES UP,
ARMS OUT TO THE SIDE AT A 90° ANGLE.



NOTE!








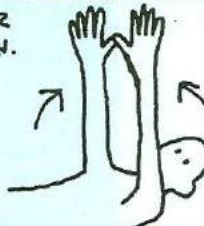




STAY AWARE OF YOUR SCAPULAS
(SHOULDER BLADES). THEY SHOULD IDEALLY
REMAIN FLAT ON THE FLOOR WHILE
ARMS MOVE IN THE SHOULDER SOCKET.
IF YOUR SHOULDER BLADES START TO RAISE
UP OFF THE FLOOR BEFORE THE BACKS OF
HANDS ARE FOUR INCHES APART, **STOP**
AT THAT POINT.

Aerial
view

<p>①</p> <p>Ⓐ START WITH YOUR PALMS DOWN.</p>	<p>Ⓑ RAISE ARMS STRAIGHT UP, BRINGING THE BACKS OF THE HANDS ABOUT 4" APART. YOUR ARMS WILL BE EXTENDED OVER YOUR NECK AND BRESTBONE JUNCTION.</p>	<p>Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p>
<p>②</p> <p>Ⓐ ROTATE YOUR SHOULDER 1/4 TURN, SO YOUR THUMBS ARE TO THE CEILING. FOCUS THE ROTATION IN YOUR SHOULDER, NOT YOUR ARM.</p>	<p>Ⓑ RAISE YOUR ARMS UP AGAIN, MONITORING YOUR SHOULDER BLADES FOR STILLNESS.</p>	<p>Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p>
<p>③</p> <p>Ⓐ ROTATE YOUR SHOULDER 1/4 TURN, PALMS UP.</p>	<p>Ⓑ RAISE YOUR ARMS UP AGAIN.</p>	<p>Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p>
<p>④</p> <p>Ⓐ ROTATE YOUR SHOULDER 1/4 TURN, PINKY FINGERS UP.</p>	<p>Ⓑ RAISE YOUR ARMS UP AGAIN.</p>	<p>Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p>

ARM EXTENSIONS, CONT'D.

REPEAT THE SEQUENCE BACKWARDS, ONLY THIS TIME YOU'LL ROTATE FROM THE ELBOW INSTEAD OF FROM THE SHOULDER.

<p>5</p> <p>a PINKY FINGERS UP.</p> 	<p>b RAISE YOUR ARMS UP AGAIN.</p> 	<p>c SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p> 
<p>6</p> <p>a ROTATE SO YOUR PALM IS UP, BUT LEAVE YOUR SHOULDER WHERE IT IS, & ROTATE FROM THE ELBOW.</p> 	<p>b RAISE YOUR ARMS UP AGAIN.</p> 	<p>c SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p> 
<p>7</p> <p>a ROTATE FROM THE ELBOW SO YOUR THUMB ARE TO THE CEILING.</p> 	<p>b RAISE YOUR ARMS UP AGAIN.</p> 	<p>c SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.</p> 
<p>8</p> <p>a ROTATE FROM THE ELBOW SO YOUR PALMS ARE DOWN.</p> 	<p>b RAISE YOUR ARMS UP AGAIN.</p> 	<p>c SLOWLY RETURN ARMS TO FLOOR.</p> 

FOCUS ON
KEEPING YOUR
SHOULDER BLADES
STILL!

BREATHE!

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