

BALL SQUEEZE

With an elastic ball, firmly squeeze it in the palm of your hand.



Repeat 30 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

BICEP CURLS - ALTERNATING

Bend your elbow and move your forearm upwards. As you lower back down, begin bending the opposite elbow upwards.



Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Day

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.



Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 3 Time(s) a Day



SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Day