

Swimmer Circles



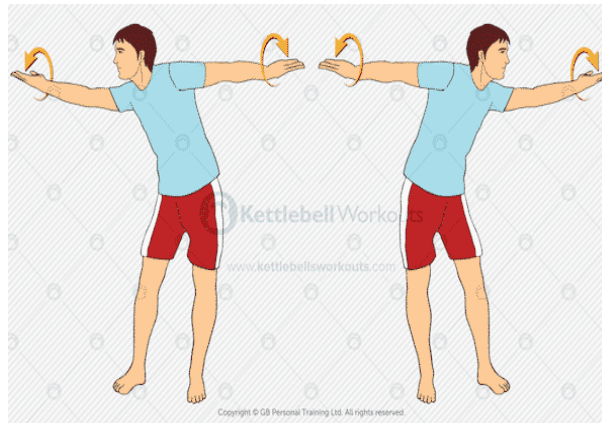
Start with a straight arm above head moving forwards and then add in the other arm moving backwards. 3X8

Wall Angel



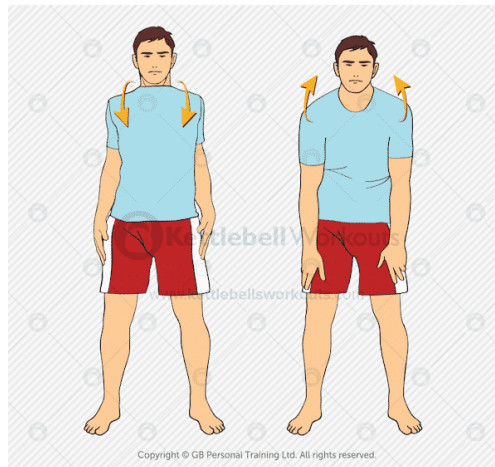
Keep Butt and shoulder on wall and slowly raise arms as high as you can while keeping contact with the wall. 3X8

Egyptian Rolls:



Start with one arm, with palm facing up, out to your side and the other arm out by your side with palm facing down. Then you will alternate each hand position. 3X8

Shoulder Rolls:



Slowly roll your shoulders forward then backwards. Then reverse, with going backwards first. 3X8

Crocodile Breathing:



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax

Breathe in and out through your nose while using your belly, you should feel it push against the ground. The exhale should be longer than the inhale and pause after each exhale. 2-5 mins then work up to 10-15mins.

Wall Slides:



Start with hand on the wall and slowly raise your arm as high as you can, while slightly leaning in the higher you reach. 3X8