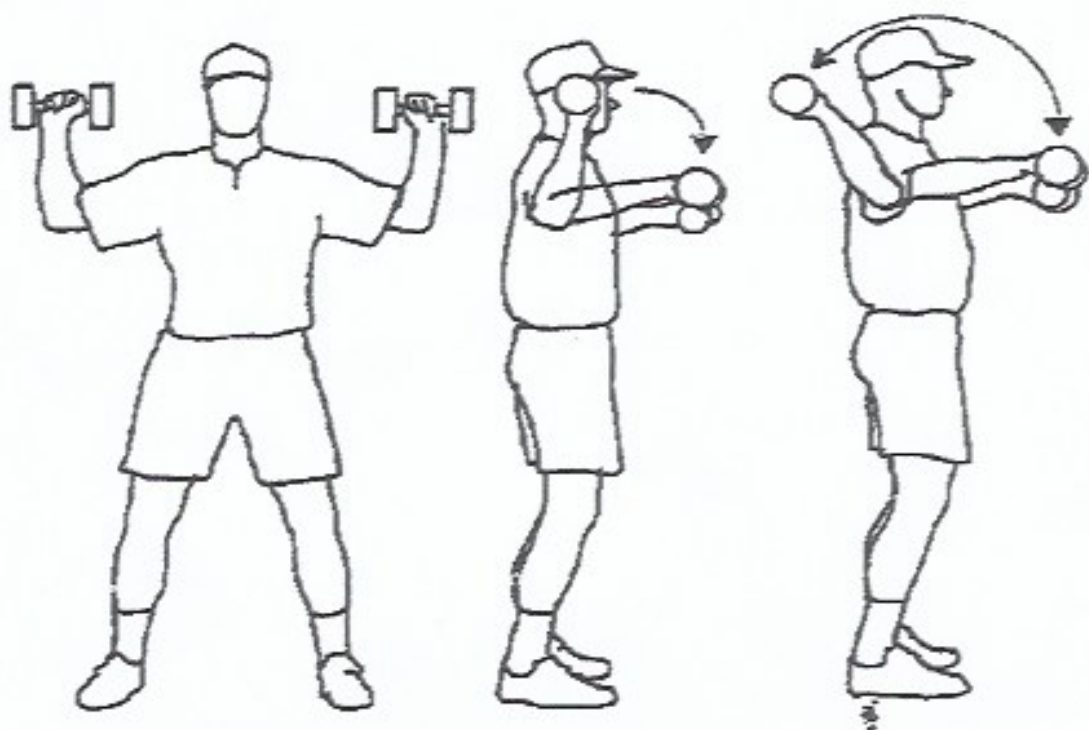


**Exercise #11:** Start with weights in hands-up position. Keeping elbows parallel to ground, roll weights forward to shoulder height, pause, and roll weights back to shoulder height (or as high as possible).



**Exercise #12:** Start with throwing-arm dumbbell in an elbow-shoulder-high, hitchhike-up position, and the opposite arm dumbbell in an across-the-body, thumb down and at-hip position. Take throwing arm to hip and opposite arm to hitchhike, making an X pattern with arms across torso. Rotate thumb up to thumb down during movement.

