

EXERCISE #3: Start with weights hanging behind head and shoulders with elbows held as high as possible. Alternate extending to full reach. Option: Do both arms at the same time, but keep elbows as close to head as possible. (When arms are extended, they should be slightly in front of or behind your head, not directly above.)



Exercise #4: Start with weights hanging at sides. Lift across body at 45-degree angle to shoulder height. Alternate, keeping back of hand toward sky. Pretend shoulders are against a wall and keep them there with each lift. Option: Rotate thumbs down, thumbs up in the lift.

