

LOOP BAND

10 min

Repeat these exercises starting with arms up, arms shoulder level and arms down:

- PALMS IN X20 PULSES
 - PALMS OUT X20 PULSES
 - PALMS FORWARD X15 PULSES
 - PALMS BACK X15 PULSES
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Repeat these exercises Standing, In Pike and Lying Down

Loop band around feet - elbows in first then repeat with elbows out for each pike position...

- X20 PULLS
 - 20 SEC HOLD
 - X15 NUDGES
 - X10 FIST PULLS APART
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