



Description: 1)start with both arms straight above you 2)draw your belly button towards your spine 3)squeeze shoulder blades together and down 4)raise both arms straight

Reps:	10
Sets:	3
Tempo:	control



Description: 1)start with both arms straight and slightly out to the side 2)draw your belly button towards your spine 3)squeeze shoulder blades together and down 4)raise both arms straight

Reps:	10
Sets:	3
Tempo:	control



Description: 1)start with both arms straight and out to the side 2)draw your belly button towards your spine 3)squeeze shoulder blades together and down 4)raise both arms straight

Reps:	10
Sets:	3
Tempo:	control



Description: 1)start with both arms bent at 90° 2)draw your belly button towards your spine 3)squeeze shoulder blades together and down 4)raise both arms

Reps:	10
Sets:	3
Duration:	control



Description: 1)start with both arms straight by your sides 2)draw your belly button towards your spine 3)squeeze shoulder blades together and down 4)raise both arms straight

Reps:	10
Sets:	3
Tempo:	control



Description: 1)start with both arms straight above you 2)draw your belly button towards your spine 3)squeeze shoulder blades together and down 4)raise both arms straight 5)keeping your arms straight, take them around to your bum

Reps:	10
Sets:	3
Tempo:	control