

1a.



1b.



Hitchhiker

1a. Begin with hands/ thumbs on hips and elbows bent 90°.

1b. Rotate shoulders and pinch shoulder blades to end in the hitchhiker position with thumbs pointing back. Keep elbows bent 90°. Slowly return to starting position.

Repeat ___ times.

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Salute

2a. Begin with arms at side. Raise one arm forward to shoulder height.

2b. Bend elbow, bringing hand to opposite shoulder.

2c. Straighten elbow and bring arm straight out to side. Lower arm to side. Reverse pattern to return to starting position. Repeat ___ times with each arm.

2a.



2b.



2c.

