



Wall Angel

1a. Stand with back and head against the wall, feet hip width apart 12" from the wall. Bend the knees slightly. Roll the shoulders back and down. Begin with arms at sides and palms facing out. Squeeze shoulder blades together and slide arms up the wall to shoulder height.

1b. Keeping back and forearms in contact with the wall, bend elbows as you continue to bring arms up overhead until fingers touch. Reverse the sequence and repeat ___ times.

Siberian Squeeze

2a. Stand tall with feet hip width apart, knees slightly bent. Breathing in, squeeze hands, forearms, and elbows together with palms facing toward you. On an exhalation, bring your arms up over your head continuing to squeeze forearms together until elbows begin to separate.

2a.

2b. Roll arms apart and turn palms out to sides.

2c. Squeezing shoulder blades together and down, pull arms down until elbows touch your sides.

Repeat ___ times



2b.



2c.

