

Happy Hands

1a.



1b.



1a. Sit upright. Place palms on chair under thighs with fingers pointing back. Straighten elbows. Hold 30 seconds.

1b. Place backs of hands on chair under thighs with fingers pointing back. Straighten elbows. Hold 30 seconds.

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Queen's Wave

2a. Stand tall with feet hip width apart, shoulders held down and back.

2b. Bend elbows so that forearms are perpendicular to the floor. Slowly rotate forearm and hand, waving like the Queen!

2c. Gradually increase speed of wave until hand oscillates rapidly while moving arms up and down.

2a.



2b.



2c.

