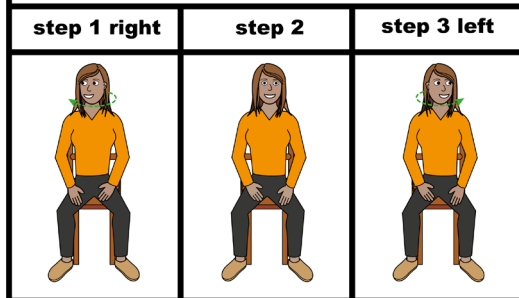




Upper Body Exercise

look over shoulder



Slowly turn your head to look over one shoulder.

Then look over the other shoulder.

Doing this **5 times** each side.

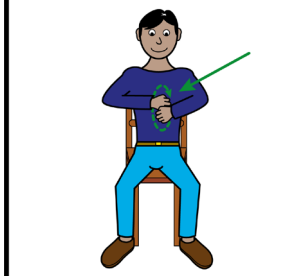
seated arm circles



Take **both arms** out straight at your sides. Do **small circles** - **10** moving forwards then **10 backwards**.

Repeat making the **circles bigger**.

seated arm rolls



Take your **hands in front** of you and move them **around each other** like you are "**Winding a bobbin**"

Do **20** going forwards then **20** more backwards.

seated upper body twist



Cross your arms around chest height, keeping your **upper body** straight twist to **one side** then the **other side**.

10 times each side.