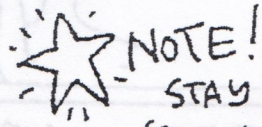


Aerial view

LIE ON YOUR BACK WITH BOTH KNEES UP, ARMS OUT TO THE SIDE AT A 90° ANGLE.



**NOTE!** STAY AWARE OF YOUR SCAPULAS (SHOULDER BLADES). THEY SHOULD IDEALLY REMAIN FLAT ON THE FLOOR WHILE ARMS MOVE IN THE SHOULDER SOCKET. IF YOUR SHOULDER BLADES START TO RAISE UP OFF THE FLOOR BEFORE THE BACKS OF HANDS ARE FOUR INCHES APART, **STOP** AT THAT POINT.

①

Ⓐ START WITH YOUR PALMS DOWN.



Ⓑ RAISE ARMS STRAIGHT UP, BRINGING THE BACKS OF THE HANDS ABOUT 4" APART. YOUR ARMS WILL BE EXTENDED OVER YOUR NECK AND BREASTBONE JUNCTION.



Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.



②

Ⓐ ROTATE YOUR SHOULDER 1/4 TURN, SO YOUR THUMBES ARE TO THE CEILING. FOCUS THE ROTATION IN YOUR SHOULDER, NOT YOUR ARM.



Ⓑ RAISE YOUR ARMS UP AGAIN, MONITORING YOUR SHOULDER BLADES FOR STILLNESS.



Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.



③

Ⓐ ROTATE YOUR SHOULDER 1/4 TURN, PALMS UP.



Ⓑ RAISE YOUR ARMS UP AGAIN.



Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.



④

Ⓐ ROTATE YOUR SHOULDER 1/4 TURN, PINKY FINGERS UP.



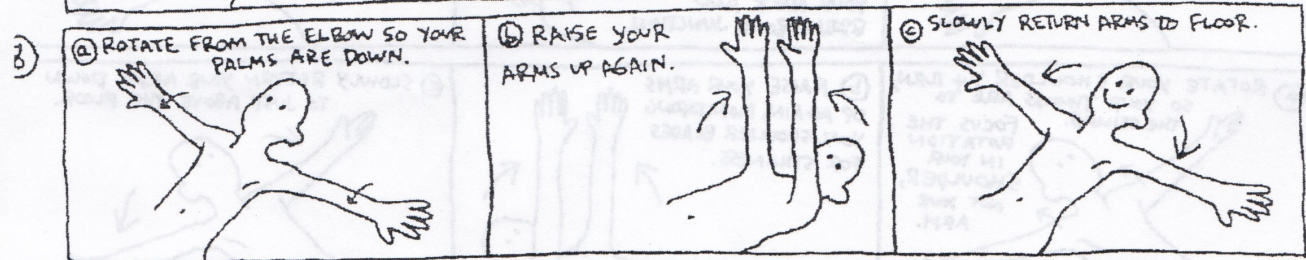
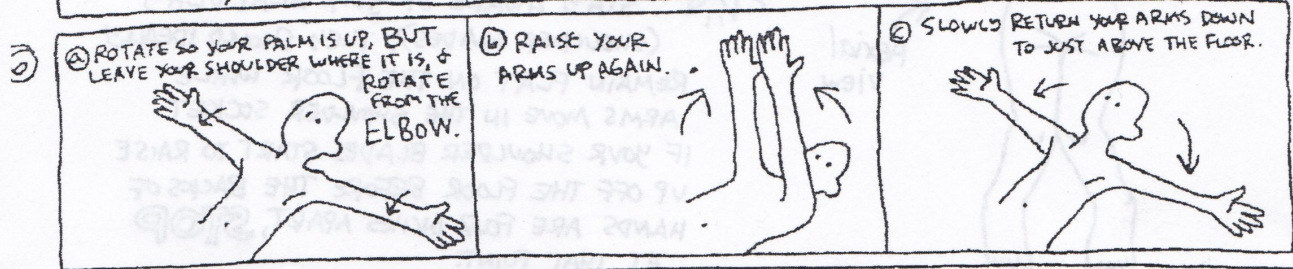
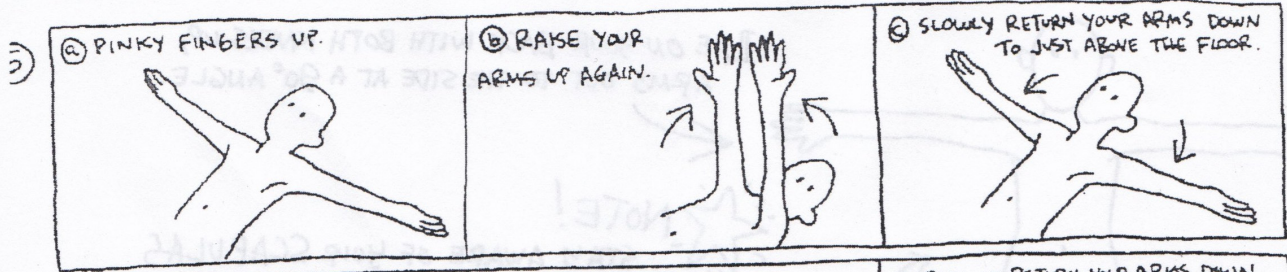
Ⓑ RAISE YOUR ARMS UP AGAIN.



Ⓒ SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR.



REPEAT THE SEQUENCE BACKWARDS, ONLY THIS TIME YOU'LL ROTATE FROM THE ELBOW INSTEAD OF FROM THE SHOULDER.



FOCUS ON  
KEEPING YOUR  
SHOULDER BLADES  
STILL!

BREATHE!