



Standing D1 UE Extension

Starting position:

Standing with your arm up and across your body.

Movement:

Tighten your core and, keeping your elbow extended, pull down and across your body, following your hand with your eyes and head. Slowly return to starting position.

Perform ___ Reps ___ Sets ___ X/day



Standing D1 UE Flexion

Starting position:

Standing with your arm extended at your side and your palm facing behind you.

Movement:

Tighten your core and, keeping your elbow extended, lift up and across your body, following your hand with your eyes and head. Slowly return to starting position.

Perform ___ Reps ___ Sets ___ X/day