



Standing D2 UE Extension

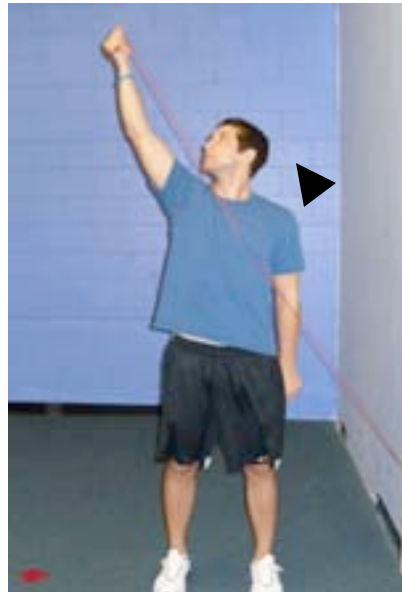
Starting position:

Standing with your arm extended up toward the ceiling.

Movement:

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

Perform ___ Reps ___ Sets ___ X/day



Standing D2 UE Flexion

Starting position:

Standing with your arm down and across your body on your opposite hip.

Movement:

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

Perform ___ Reps ___ Sets ___ X/day