

Central Jefferson Chiropractic, Dr. Alan P. Lewis

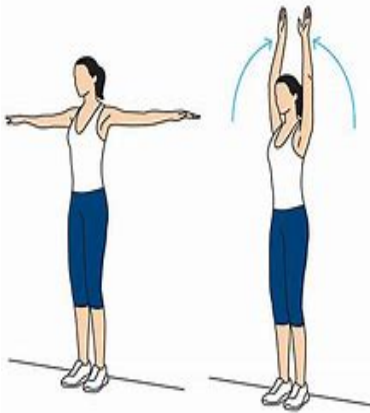
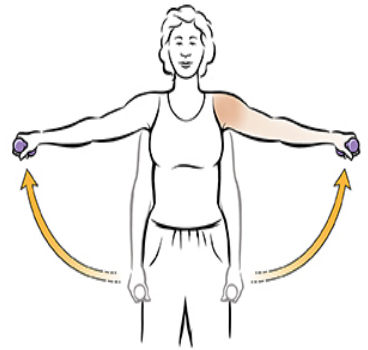
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Shoulder 3's

Side Arm Raise

- Palms down
- Raise arms from waist position to a perpendicular position

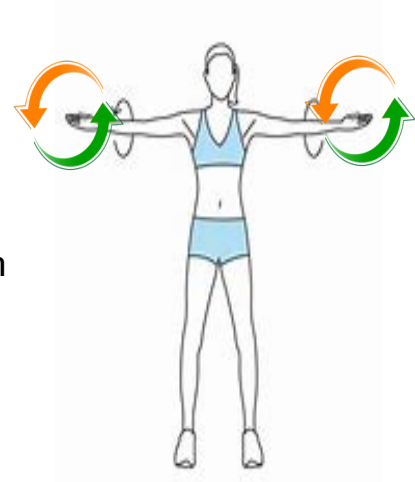


(2) Overhead Arm Raise

- Palms facing up
- Raise arms from a perpendicular position, straight up and overhead
- Arms should be touching ears
- Do not bend elbows

(3) Turn Over/Under

- Palms facing up, leading with your thumb, rotate hand down, around and back to beginning position



Repetitions

- 10 Reps or more for 2-3 Sets (to fatigue)