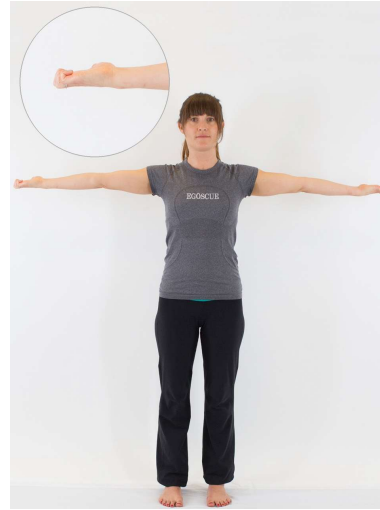


1

Standing Arm Circles

prepared for Testpeople Workshop



Repeat this eCise 25 times

Instructions:

1. Stand with your feet pointed straight and hip-width apart.
2. Place your finger tips into the pad of each hand and point your thumbs straight out.
 - This is referred to as golfers's grip and maintaining this hand position is important for the exercise to be done correctly.
3. Pull your shoulders back by squeezing your shoulder blades together and down, then bring your arms out straight from your sides up to shoulder level.
4. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed.
5. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed.

Fun Facts:

This exercise promotes bilateral lumbar function through thoracic stabilization.

2

Standing Elbow Curls

prepared for Testpeople Workshop



Repeat this eCise 25 times

Instructions:

1. Stand at a wall with your heels, hips, upper back and head against the wall
2. Your feet should be pointed straight and hip width apart
3. Place your knuckles against your temples with your thumbs pointing down to your shoulders (golfer's grip)
4. Open and pull back your elbows so that they are against the wall then close your elbows together in front of your face
 - Keep your elbows up at shoulder level, do not let them drop down
5. Repeat as directed on your menu

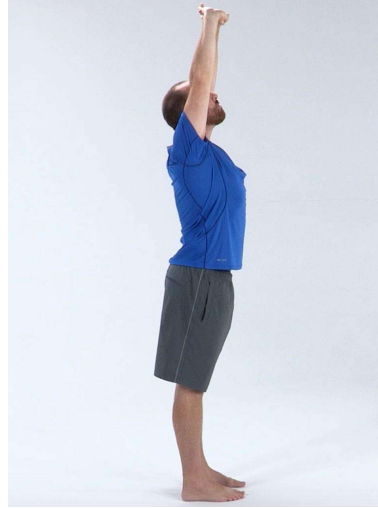
Fun Facts:

This exercise promotes proper positioning of all load joints while performing thoracic flexion and extension.

3

Standing Overhead Extension

prepared for Testpeople Workshop



Hold this eCise for 01 min.

Instructions:

1. Stand with your feet pointing straight and hip width apart.
2. Interlace your fingers together and reach your arms overhead, pressing your hands to the ceiling with palms up.
3. Look up toward your hands and keep your arms straight, do not bend at the elbow.
 - Do not lean back.
 - Try to keep your arms directly overhead, not forward of your head, bring your shoulders down.
 - Relax your stomach muscles.
4. Hold as directed on your menu.

Fun Facts:

This exercise promotes proper positioning of the shoulder over the hip while engaging all of the extensor muscles of the spine