

Elbow & Wrist

Arm by your side 90°
Keep elbows to side
Hands move up



Hand moves down – slowly
Like a wave
Hands only move
Your hands can move at same time
Repeat 6 x



Elbow & Wrist

Hands at side of body
Keep elbows to side
Bring hands to 90°
Make fist with hands



Drop hands to side
Keep fist with hands

Repeat 6 x

