

Arm Circles



Description: While walking, complete 10-15 arm circles forward and then backward.

Instructions

1. Start with both arms out to your side at shoulder height.
2. Slowly form small circles forward and get bigger each time.
3. Switch directions.
4. Slowly form small circles backward and get bigger each time.
5. Complete 10-15 arm circles in each direction.

Tips & Modifications

- Perform 1 arm at a time.
- Slower arm circles prevent injuries.
- Be mindful of your range of motion (how far a particular joint can move).



Click here or scan the QR Code to the right to watch video instructions!

