

Exercise for the office 5:

Stretching the lower arm muscles



In a seated position; hold your upper body upright, and stretch your arm forward with the palm facing upward. Grasp your hand and pull it down until the palm is facing to the front.

Hold twice on each side for 15–20 seconds

bewegt.li – the exercise and sports offering in Liechtenstein.

Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.





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