

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



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Find more exercises at www.bewegt.li/exercises

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