

## Shoulder exercise 3:

## Strengthening the chest muscles



Strengthening the chest muscles In a seated position; hold your upper body upright and bring your palms together. Push your palms strongly for 2 seconds without lifting your shoulders. Repeat 10–15 times without holding your breath!

**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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