

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!



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