

Shoulder exercise 4: **Strengthening your shoulder muscles**



Note: Do shoulder of

In a seated position; hold your upper body upright and interlock your fingers. Pull your elbows out to the sides without lifting your shoulders. Repeat 10–15 times without holding your breath!

Note: Do this exercise in alternation with shoulder exercise 3.

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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