

Shoulder exercise 4: Strengthening your shoulder muscles



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.



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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.