Title: Standing Arm Circles

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Upper Back &amp; Lower Traps

Summary: <ol>

<li>Standing with a flat back and tight core, raise your arms to the sides.</li>

<li>While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.</li>

<li>After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.</li>

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