

Pendulum (Flexibility)



1. Lean over next to a table, with your left arm supporting your weight on the table.
2. Relax your right arm and let it hang straight down.
3. Slowly begin to swing your right arm in a small circle. Gradually make the circle bigger if you can. Change direction after 1 minute of motion.
4. Next, swing your right arm backward and forward. Then move it side to side. Change direction after 1 minute of motion.
5. Repeat these movements for about 5 minutes, or as directed.
6. Switch sides and repeat if directed.
7. Do this exercise 3 times a day, or as often as directed.



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