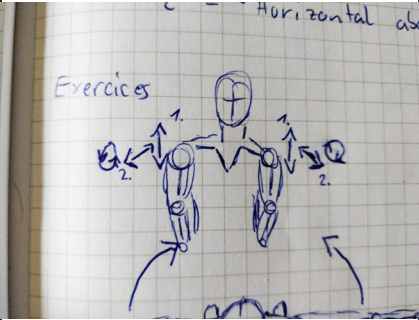
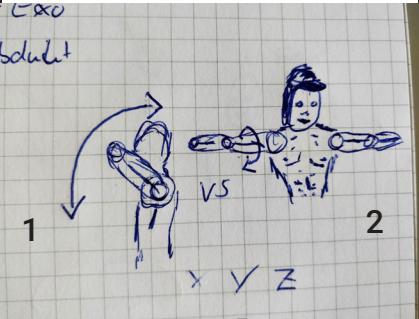
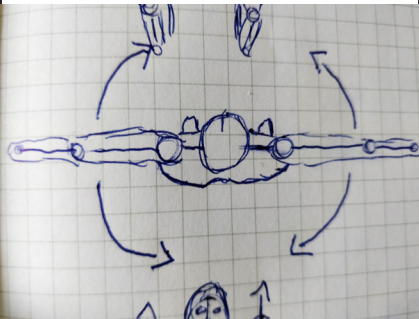
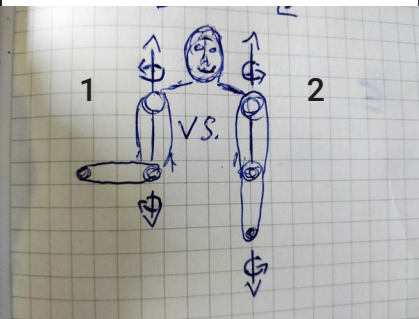

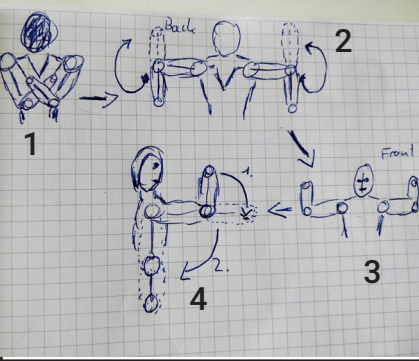
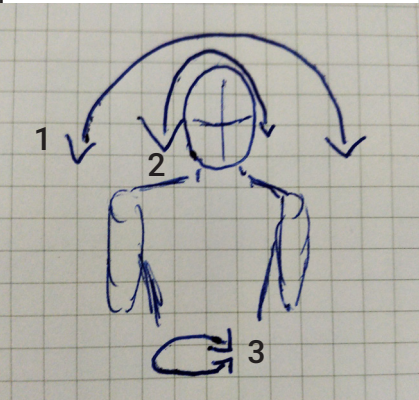


		Graphic	Description	Pat 1 tries	Pat 2 tries
	1		1. Move shoulders up and down. 2. Move shoulder forwards and backwards 3. Rotate shoulders: first forwards, then backwards		
	2		1. Turn Humerus through axial rotation with elbow at 90° 2. turn Huerus through same axes but with straight elbow		
	3		Move your arms only on the Transversal-Plane. Try to get as far to the back and the front as possible, Keep your arms straight.		
	4		Similar to excercise 2. but with the Humerus hanging down. 1. turn Humerus on Axial axes with elbow at 90° 2. turn Humerus on Axial axes with Elbow at 0°		
	5		Do the windmill. 1. Forwards 2. Backwards		

		Graphic	Description	Pat 1 tries	Pat 2 tries
	6		<ol style="list-style-type: none"> 1. Cross your arms behind your back as far as you can 2. Do 't-pose' but with lower arms hanging down 3. Turn your Humerus so hands point upwards then close your arms to the front. 4. first get arms straight then lower arms next to body 		
	7		<ol style="list-style-type: none"> 1. Turn your body on the Frontal-Plane 2. Turn you body on Saggi-tal-Plane 3. Turn your body on Transver-sal-Plane 		
	8				
	9				
	10				

		Graphic	Description	Pat 1 tries	Pat 2 tries
	11				
	12				
	13				
	14				
	15				