**Straight Arm Steering Wheels**

**Equipment**: Resistance Band

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Modify When Necessary – Reduce weight/resistance if experiencing discomfort.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Hold a resistance band taut in front of you and rotate left to right, then right to left.
2. Repeat