

Preparatory Exercises

Shoulders: Rotations

Starting Position: erect, with your feet parallel and hip width apart.

Open your arms until the hands are at the level of the shoulders. Stretch them outwards until you feel the shoulder joint opening. Rotate the entire arm, so that the palm turns up and down.

The origin of rotation is in the shoulder joint, not the wrist. The elbows and wrists are kept still and soft. Turn your face in the direction of the rotating arm.

Repeat 10 to 20 times in total.



Contraindications: some shoulder-joint related pathologies.

Benefits: increases mobility and awareness of the shoulder joint.