

Preparatory Exercises

Shoulders: Circumductions

Starting Position: erect, feet separated hip to shoulder distance apart.

Breathe smoothly and draw circles with the shoulders, both in clockwise and counter-clockwise directions. The chin remains neutral, the spine is long and the torso remains neutral (not arching or rounding the spine). The movement is only in the shoulders.

From 5 to 11 circumductions in each direction are enough.



Contraindications: some shoulder-joint related pathologies.

Benefits: greater mobility and awareness of the shoulder joint.