

Preparatory Exercises

# Shoulders: Windmill

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

Stretch your arms upwards. Breathing naturally and smoothly, let one arm drop forwards and the other backwards.

The hips follow the movement of the arms and your shoulders should not be strained. Continue for 10–20 repetitions.

Repeat in the opposite direction.



**Contraindications:** some shoulder–joint related pathologies.

**Benefits:** increases mobility and awareness of the shoulder joint.