

The Doubt Exercise

Do you often have your shoulders pulled up? Or your head hanging forward?

Exercises can help make these muscles flexible again!

How about this Doubt Exercise?

Go stand or sit up straight. **Make yourself tall!**

Bring your shoulder up, and to the front. **Hold this for 3 seconds.**

Then pull your shoulders down and to the back. **Also keep this for 3 seconds.**

But watch out: Your head should not move forward!!

Repeat this exercise 10x in total

Did you liked the exercise or do you doubt it?



Already done three exercises? Not yet? Then continue with the next exercise.

Watch out:

Exercising should be fun and it should make you move better. Does it hurt during the exercise or do you feel uncomfortable? Then tell this to your parents / caretakers and stop the exercise.

Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder