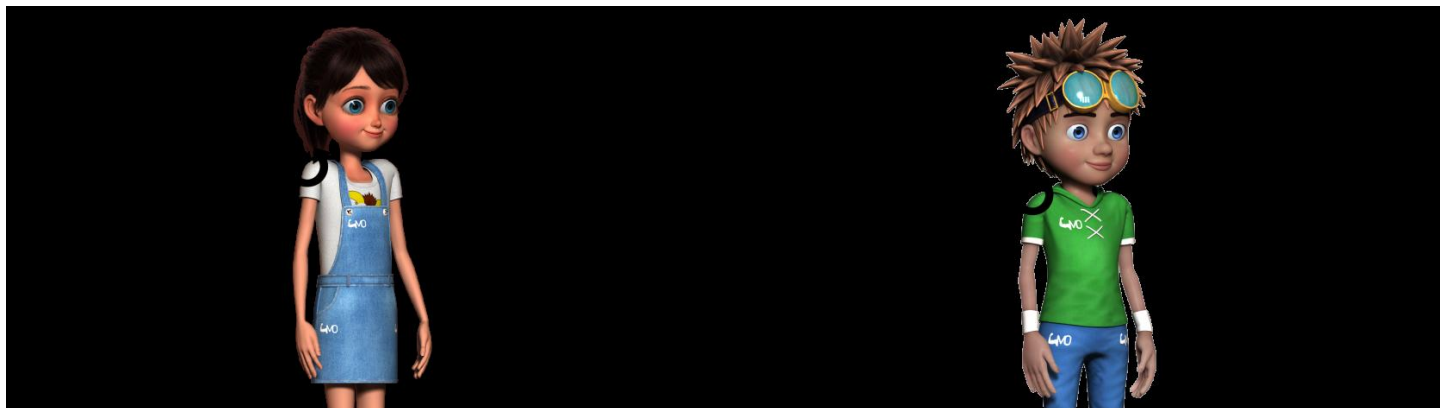


## The Shoulder Warm Up Exercise



Have you been sitting in the same position for a long time? Do you want to feel more active again? This is a good exercise for loosening yourself up.

Go sit or stand up straight and move your shoulders at the same time in big circles forward and small circles backward. Do this 10x. Then take a little break.

Repeat this exercise 3x in total.

**Finished again? Everything loose? Well done!**



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