

Arm Reach

Strengthening Exercise



- Start the Arm Reach on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position, not arched or sagging. Be sure to maintain your neck's natural curve.
- Stretch one arm straight out in front of you. Don't raise your head or let your supporting shoulder sag.
- Hold for 5 seconds.
- Return to starting position.
- Repeat this 5 times and then switch arms.