

Motion Zone: At Home

Shoulder Press

Sit in a comfortable chair.

Raise your arms parallel to the floor.

With your chest straight and stomach pulled in, raise your arms up to the ceiling until they are almost straight.

Lower your arms back down.

Repeat 12-15 times.

Shoulder Raise

Start with your arms at your sides.

With your chest lifted and stomach in, raise your arms until they are parallel to the floor.

Lower them back down.

Repeat 12-15 times.

