

Wall Angel

With your back and glutes against a wall, stand with your arms at your side, palms facing outward. **Slowly** raise your arms above your head, or as high as you can without pain. Trying to keep your arms sliding against the wall - without losing contact. **Slowly** bring your arms back down. Remember to breathe deeply and exhale slowly.

Frequency: ____ sets, ____ repetitions each, daily

