

Wall Windmill

Stand to the side of a wall with your shoulder up against it. **Slowly** bring that arm in a circular motion over your head, while trying to keep your arm in contact with or as close to the wall as you can - try and keep your shoulder up against the wall too. When you get as far as you can with your arm, **slowly** bring your arm back down, in the reverse motion.

Frequency: ____ sets, ____ repetitions each, daily

(Modified Version: Give yourself some space between you and the wall)

