

## Windmill

Stand with feet just beyond shoulder width. Hold onto a pipe with a wide grip and straight arms. Bring the pipe overhead and **slowly** move in a circular motion trying to sweep the floor, coming all the way around and up the other side to the beginning overhead position. Arms should remain straight through the entire movement. Reverse direction and repeat.

Frequency: <u>6</u> repetitions, <u>3</u> sets, daily

