

Posture Clinic - Stabilize

Stand breathing

Arm circles

Head Circles

Head Turns

Castanets

Arm Circles

“Peel” down with arm circles

Stand Against Wall

 Arm Circles

 Peeling off the wall arm circles

 Small Bridge

Perpendicular to wall

 Single Arm Circles

 Small Bridge each side and crown

90 Degrees

 -Front

 -Side

Standing Curls

Side Stretch

Bug

Zip Up

Shaving

Boxing

Chest Expansion

Sparklers

Pre-Beanbag Exercises

Beanbag

Push Ups