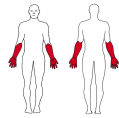
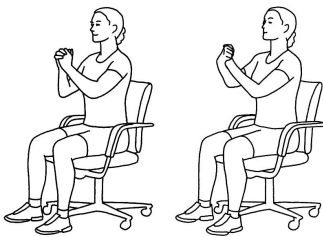


### 1. Forearm 8

Put the palms of the hands on the table. Keep the elbows straight. Lean yourself forward until you feel a stretch in the backside of your forearms. Keep the position for 30 seconds.

Metti i palmi delle mani sul tavolo. Tenere i gomiti dritti. Piegati in avanti fino a quando non senti un allungamento nella parte posteriore degli avambracci. Mantieni la posizione per 30 secondi.

**Duration : 30 sec, Sets: 1 , Reps: , Pause : 0 sec**

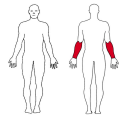
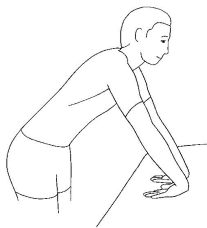


### 2. Hands in eights

Sit on a chair. Fold your hands, lift them in front of your body and move them into eights by using your wrists.

Siediti su una sedia. Incrocia le dita, solleva le mani davanti al tuo corpo e spostale disegnando un otto usando i polsi.

**Sets: 1 , Reps: , Duration : 15 sec**

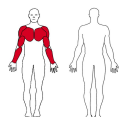
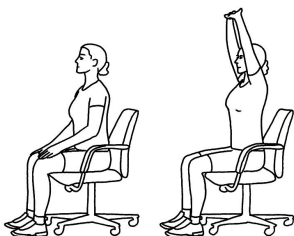


### 3. Forearm 9

Place the back of the hands against the table with the fingers pointing towards you. Keep the elbows straight and extended. Push the hands slowly forward on the table until you feel a stretch at the front of the forearm. Keep the position for 30 seconds.

Posiziona il dorso delle mani contro il tavolo con le dita rivolte verso di te. Tenere i gomiti dritti ed estesi. Spingi lentamente le mani in avanti sul tavolo fino a quando non senti un allungamento nella parte anteriore dell'avambraccio. Mantieni la posizione per 30 secondi.

**Duration : 30 sec, Sets: 1 , Reps:**



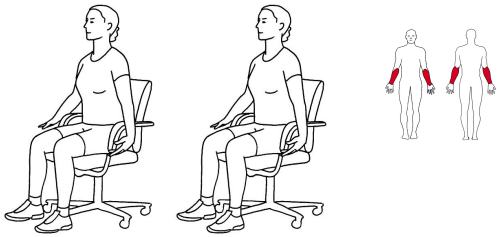
### 4. Arm stretch with folded hands

Fold your hands and stretch your arms with palms upward as high as you can. Breathe in when you perform this movement. Exhale and come slowly back to the starting position.

Incrocia le dita e allunga le braccia con i palmi delle mani verso l'alto il più in alto possibile. Inspira quando esegui questo movimento. Espira e torna lentamente alla posizione di partenza.

**Sets: 1 , Reps: 10**





### 5. Shake off 2

Let your arms hang freely and relaxed along your sides and shake them off.

Lascia che le braccia pendano liberamente e rilassate lungo i fianchi e scuotile.

**Sets: 1 , Reps: , Duration : 15 sec**

