

## Exercise 9. Shoulder Circle

This exercise helps to stretch the chest muscle and aids mobility.

### What do I need?

1 Chair.



1. Sit Tall with a straight back and neck.  
Place feet hip distance apart.  
Place hands by your side.

2. Raise shoulders towards your ears.  
Squeeze Shoulder blades to rotate shoulders backwards.



3. Feel the stretch across the chest.  
Drop shoulders and rotate again.  
Repeat 4 times and then circling backwards.