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1: Pendulum: Horizontal Abduction / Adduction

- BEND OVER AT THE WAIST AND LET YOUR ARM RELAX COMPLETELY.
- SLOWLY SWING YOUR ARM FROM SIDE-TO-SIDE AS ILLUSTRATED

Reps: 20 **Sessions:** 4 Everyday



2: Pendulum: Clockwise / Counter-Clockwise

- BEND OVER AT THE WAIST AND LET YOUR ARM RELAX COMPLETELY.
- SLOWLY SWING YOUR ARM FROM SIDE-TO-SIDE AS ILLUSTRATED

Reps: 20 **Sessions:** 4 Everyday