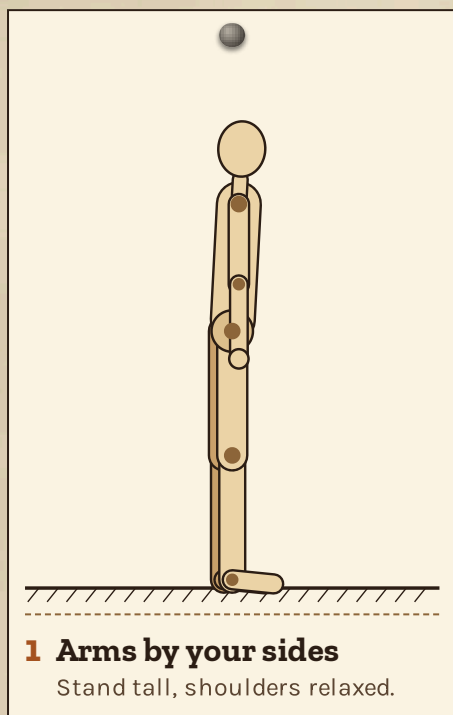


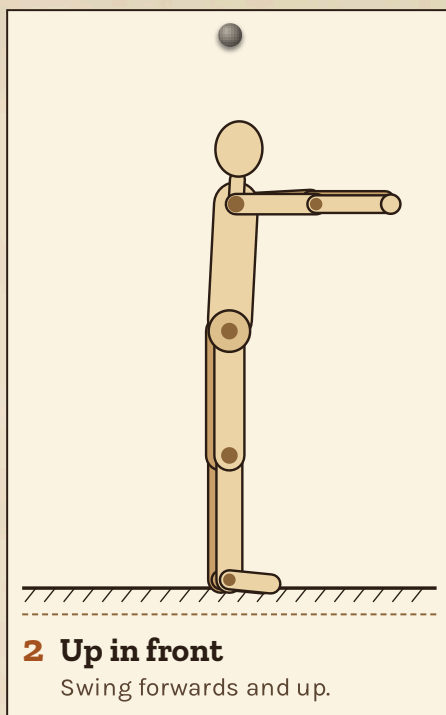


Big arm circles

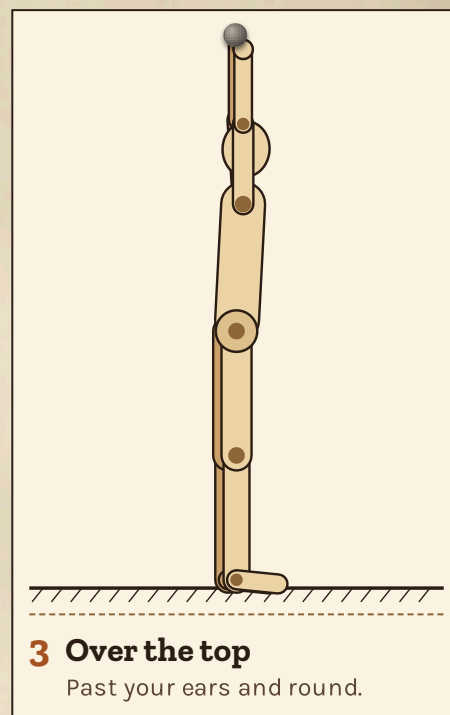
Loosens the shoulders and gets the blood moving before any other work. Big, slow circles, no rush.

**1 Arms by your sides**

Stand tall, shoulders relaxed.

**2 Up in front**

Swing forwards and up.

**3 Over the top**

Past your ears and round.

The beat One slow circle takes about 3 seconds. 6 forwards and 6 backwards is one set.

How to do it

1. Stand tall, feet hip-width apart, with space around you.
2. Let your arms hang by your sides.
3. Swing both arms forwards, up past your ears and round in a big slow circle.
4. After each forward circle, do one backwards.
5. Keep your shoulders relaxed and breathe normally.

Make it fit you

Easier

Make the circles smaller, or do one arm at a time.

Harder

Do 10 each way, or hold a tin of beans in each hand.

Shoulders

Only go as high as is comfortable. Any pinching pain, make the circles smaller.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/big-arm-circles/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.