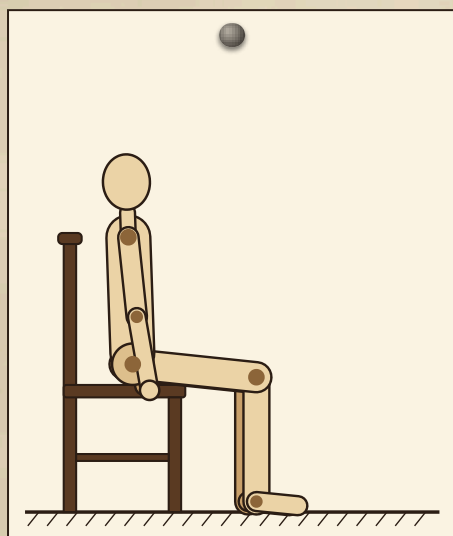


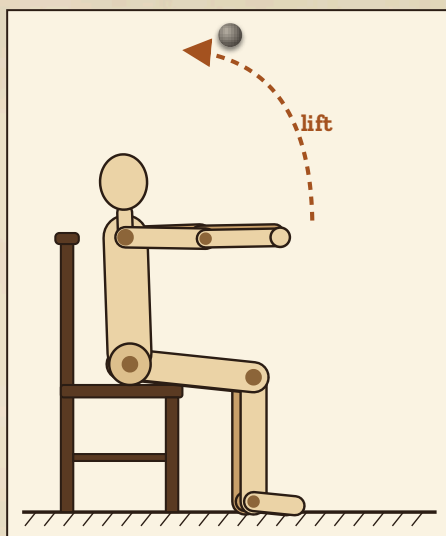


Seated arm raise

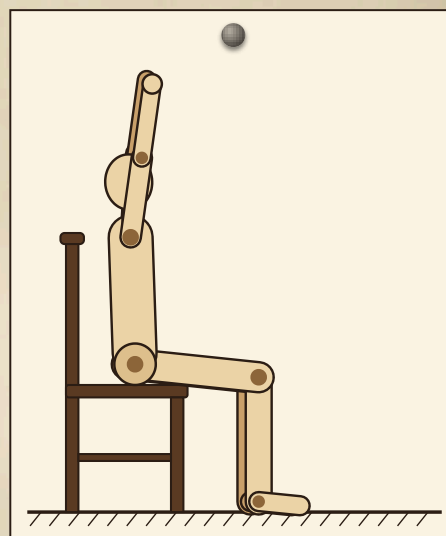
Keeps your shoulders moving so you can reach the top shelf, hang the washing and swing a hammer. All done sitting down.

**1 Sit tall**

Arms by your sides, feet flat.

**2 Arms up slowly**

In front, then up. Breathe out.

**3 Reach tall**

Hold, then lower for three.

The beat

2 seconds up, a short hold at the top, 3 seconds down. 8 raises is one set. Rest a minute between sets.

How to do it

1. Sit tall towards the front of a sturdy chair, feet flat on the floor.
2. Let your arms hang by your sides, palms facing in.
3. Raise both arms in front of you and up above your head for a count of two. Breathe out as you lift.
4. Hold for a moment, reaching tall.
5. Lower them slowly for a count of three, back to your sides.

Make it fit you

Easier

Only lift to shoulder height, or one arm at a time.

Harder

Hold a tin of beans in each hand, or hold at the top for five seconds.

Shoulders

Keep them down, away from your ears. Any pinching pain, only go as high as is comfortable.

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/seated-arm-raise/ 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.