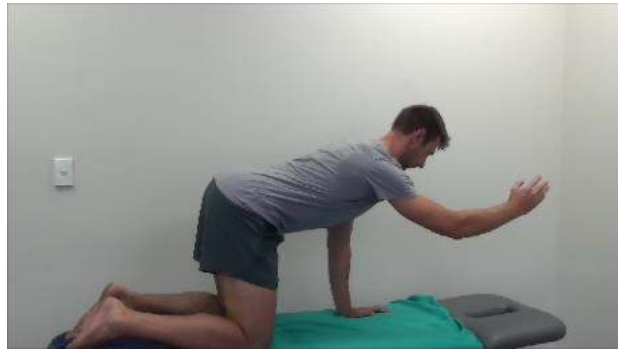


4 Point Kneeling Arm

Raise:

Exercise Purpose:

To strengthen your shoulder stability muscles



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=795>

Key Points:

- The left shoulder stability muscles are being strengthened in the picture
- Begin in the 4 point position on your hands and knee
- Make sure you have a neutral spine:
 - Maintain a slight curve in your lower back
 - Make sure your shoulder blades are flush with the back of your rib cage
 - Keep your chin tucked up and in
 - Do not let your shoulders creep up near your ears
- Before you raise your right arm in the air make sure you are taking the weight through your left palm and shoulder
- Keep your left shoulder still throughout.
- Breathe gently throughout

*The easier version is just taking one hand off the ground. Try this version first. Once you can do this then try raising the right arm up in front of you.