



HAND AND ARM

Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

To promote the blood circulation, clench your fists and in turns stretch your fingers with great force alternating your thumbs in and out.

Exercise 2:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Bend your arm in the elbow– turn your palm and touch your shoulder and return it back to the mat, the same with your other arm. Breathe regularly.

Exercise 3:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Lift your arms and turn your palms to the ceiling, bending your wrists try to keep your fingers aligned, your shoulders are broad on the mat. Alternate position of your palms with the sides of your hands. Try not to close your fingers in your hands, Breathe freely.

Then turn your palms to the ceiling and put your arms aside. Stretch your arms breathing freely. Put your arms simultaneously to the mat and lift them up to the ceiling again, your fingers stretched. Your shoulders stay fixed on the mat. Repeat several times and then release your arms and put them along your body.

Exercise 4:

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Breathing out, press your palm against the mat, breathing in release it, your shoulder away from your ear. Repeat several times and then do the same on the other side.

Exercise 5:

Your hands leaned against the mat (in width of you shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).



Your elbows slightly loose push them alternately forward with their sockets so that they go aside. Turn your elbows to the sides so that the elbow sockets face each other. Your palms stay fixed, turn the whole arms like sticks, your elbows are slightly loose.

Exercise 6:

Your hands leaned against the mat (in width of your shoulders) (or on your forearms)) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Consecutively, try to close your forefingers into your palms, then your middle fingers, your ring fingers, your little fingers and finally your thumbs.

Exercise 7:

Your hands leaned against the mat (in width of your shoulders) (or on your forearms)) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists).

Lean the tips of your fingers against the mat as if you had a little ball under your palms and then flatten your palms on the mat. . Then arch your palms again and lift your index fingers, then your middle fingers, your ring fingers little fingers and thumbs. Release your palms.

Exercise 8:

Leaning on your knees and forearms, your knees in width of your pelvis, your heels a bit closer to each other, your chin slightly drawn to your neck, stretch your head but do not sag your loins.

Your elbows fixed, turn your palms to the ceiling, turn your thumbs to the mat. Keep the sides of your hands on the mat and turn back.

Exercise 9:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Rotate your wrists with force in both directions, do not bend your elbows.

Exercise 10:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Both of your arms draw an infinity sign, one loop in front of your body, the other loop behind, your palms lead the motion. Then make a bigger loop behind and a smaller one in front, your shoulders free, your palms lead the motion.



Exercise 11:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Hold your right palm, pull your palm forward, your fingers are in direction of the mat, your shoulder away from your ear, stretch your forearm, try to bend your fingers to the mat. Hold on for 20 seconds. Then hold your hand by the tips of your fingers and try to stretch your palm down. Hold for 20 seconds. Then hold the upper part of your hand, your palm to your forearms, your shoulder away from the ear, your fingers turned to your body. Pull the elbow breathing freely, hold for 20s. And then repeat the same with the other hand.

Exercise 12:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Bend your wrists, your palms go to the mat, your fingers turned forward, your shoulders are constricted. Turn your palms/ your stretched fingers to the sides and back. Repeat several times and release your hands.