



MOBILITY OF SHOULDERS, TO
ACTIVITE PECTORALIS MUSCLES
AND MUSCLES OF THE SHOUL-
DERBLADES

On your back, knees flexed. Alter-
nate with your arms



THE MOBILITY OF THORACIC
SPINE

Push the weights up in turns.
Notice that the shoulderblade
rises up from the floor on every
push.

Daily workout with weights



**Regularly made workout improves metabolism and
mobility of neck and shoulder muscles and thoracic spine.**

Take this workout program daily for three weeks,
every movement 10-20 times on high tempo

→ YOU WILL HAVE SYMPTOMLESS SHOULDERS

BETTER STUDENT HEALTH

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Y · T · H · S
YLIOPILAIDEN TERVEYDENHOITOSÄÄTIÖ

Use 1,5-2 kg weights. Pay attention to good posture of the back → whole back in neutral position. Pull up deep pelvic muscles and pull in abdomen to support your spine



Start with skiing movement. Make this exercise after every movement made in standing position



Squeeze abdomen (to give support to your back). Straighten your arms by turns starting from your shoulder level. First knuckles forward and then palms forward.



BICEPS
Support upper arms to your body. Flex and extend elbow.



THE MOBILITY OF THORACIC SPINE, THE METABOLISM OF THE NECK AND SHOULDER MUSCLES.

In the position according to the picture. Lift elbow up, at the same time push your upper body up using supporting hand. **Twist the spine** up and down along the movement.



THE MOBILITY OF SHOULDERS AND SHOULDERBLADES
Make relaxed pendulum movement from the shoulder joint.



TRICEPS
Support upper arm to your body. Extend and flex elbow.