



Beyond Your Widest Genes

#	Sets	Reps	Duration	Exercise
1	2	40		Standing Arm Circles
2	1	25		Standing Elbow Curls
3	1	1	00:01:00	Standing Overhead Extension



1. Standing Arm Circles

Sets = 2, Reps = 40



How to Perform

1. Stand facing mirror with your feet pointed straight ahead. Place your finger tips into the pad of each hand and point your thumb straight out.
 - This hand position is imperative to the exercise being done correctly. It is called the "golfer's grip".
2. Squeeze your shoulder blades together backwards and bring your arms out to your sides at shoulder level.
3. With your palms facing downward, circle up and forward for the repetitions specified. With your palms facing upward, circle up and back for the desired repetitions.
4. Remember to keep your feet straight and your shoulder blades squeezed together.

Fun Facts

- This exercise promotes bilateral lumbar function through thoracic stabilization.



2. Standing Elbow Curls

Sets = 1, Reps = 25



How to Perform

1. Stand against a wall with your feet pointed straight ahead.
2. Keep your heels, hips, upper back and head against the wall.
3. Place your knuckles against your temples with your thumbs pointed down to your shoulders.
4. Open your elbows so that they are against the wall and close your elbows together in front of your face.
5. REPEAT

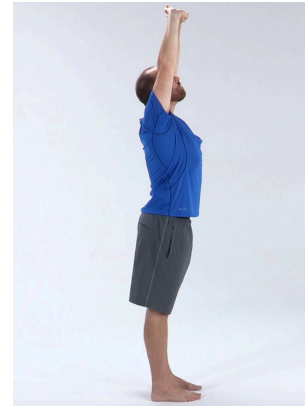
Fun Facts

- This exercise promotes proper positioning of all load joints while performing thoracic flexion and extension.



3. Standing Overhead Extension

Sets = 1, Reps = 1, Duration = 00:01:00



How to Perform

1. Stand with your feet pointing straight and hip width apart.
2. Interlace your fingers together and reach your arms overhead, pressing your hands to the ceiling with palms up.
3. Look up toward your hands and keep your arms straight, do not bend at the elbow.
 - Do not lean back.
 - Try to keep your arms directly overhead, not forward of your head.
 - Relax your stomach muscles.
4. Hold as directed on your menu.

Fun Facts

- This exercise promotes lumbar and thoracic extension through bilateral hip demand.