**Arm and Shoulder Strengthening exercises**

**All the following exercises can be done with or without weight (water bottle)**

**If no weight is used, increase the number of repetitions by 5**

**Arm Lateral Raise (side raise)**

* Standing tall with your knees slightly bent, hold a weight (water bottle) in each hand and hang your arms down by your sides
* Keep a slight bend in your elbows, raise your arms up and out to the sides until they are level with your shoulders – make sure that your palms remain facing down, do not go above your shoulder height
* Lower your arms slowly and repeat 10 times

**Bicep Curl**

* Standing with your feet shoulder width apart, hold your water bottle in your hands at your side
* Holding your palms forwards, bend your elbows and raise both water bottles up towards your shoulder, keep elbows at side
* Slowly lower your arms back down to the starting position and repeat 10 times

**Arm Circles**

* Stand tall with your arms straight out to your sides and palms facing down
* Slowly make small circles with your arms by rotation them around your shoulders while keeping them straight and your elbows locked
* Repeat with big circles
* Do 10 repetitions in each direction, forward and backwards

**Arm Front Raises**

* Stand tall with your arms straight out to the front, holding water bottles, thumbs towards ceiling
* Raise your arms overhead together while keeping them straight until your arms block your ears when seen from the side
* Slowly lower your arms to the starting position
* Do 10 repetitions

**Arm Overhead Press**

* Stand tall, hold arms with water bottles, elbows bent at side, palms facing middle of body, with hand at shoulder height, up against your body
* Lift arms overhead, return to starting position
* Do 10 repetitions
* Repeat alternating arms, do 10 repetitions

**If any exercise becomes too easy, add a 2nd/3rd rep with 1 minute break between reps.**

**If anything hurts, stop that exercise.**