

House Protocol 2

1 & 2) Exercise one is called **90/90 Push ups - Pull-ups**. Start with your right elbow at 90 degrees and your right shoulder at 90 degrees, with your right arm out to your side and your thumb pointing up. Place your left hand on top of the fingers of your right hand to add resistance. For a count of three seconds try and lift your right arm up, but resist with your left hand. Then repeat with your right palm down and right thumb down. Now take your left hand and place it underneath your right hand, with your right thumb point up. Try to push your right arm down, but resist with your left hand. Repeat this with your right palm down and right thumb down. Now reverse the entire process for your left shoulder.

3) Exercise two is called **Arm Circles**. Start with your elbows extended and your arms out to your side parallel to the floor. Start making small circles with your hands for three reps in three different hand positions (thumbs up, palms down, thumbs down).

4, 5, & 6) Exercise three is called **Prayer Palm Presses w/ Lift**. Start with your hands out in front of your chest, palms pressed together, fingers extended, and elbows out parallel to the floor. Try to bring your elbows and forearms together in front of your body. Holding this position, try to lift your arms up over your head as far as possible keeping your forearms together as long as possible. Repeat three times.

7 & 8) The last exercise is called **Spider Against a Mirror**. Start with your hands out in front of your chest, palms pressed together, fingers extended, and elbows out parallel to the floor. Now press each finger against each other one at a time for three seconds with each finger. Then push your palms away from each other, but keep your finger tips in contact with each other. Finally, pressing your fingertips together, make big rotations with your forearms forwards and backwards, three times in each direction.

