

# BodyRelax

*- giv din krop en chance...*

## **Deltoideus m.**



1. Stand or sit with hands by your sides.
2. Raise one hand and place it on your opposite shoulder.
3. With other hand, grasp just behind the elbow and pull that elbow across your body until a moderate stretch is felt in that shoulder.
4. Hold for about 10 seconds.



5. Apply pressure by trying to move your elbow back across your body to its natural side with your hand preventing any movement.
6. Apply pressure for a slow count of 10.

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7. Relax and pull your elbow farther into the stretch.

8. Repeat application of pressure and relaxation two or three times.

9. Repeat process for the other shoulder.