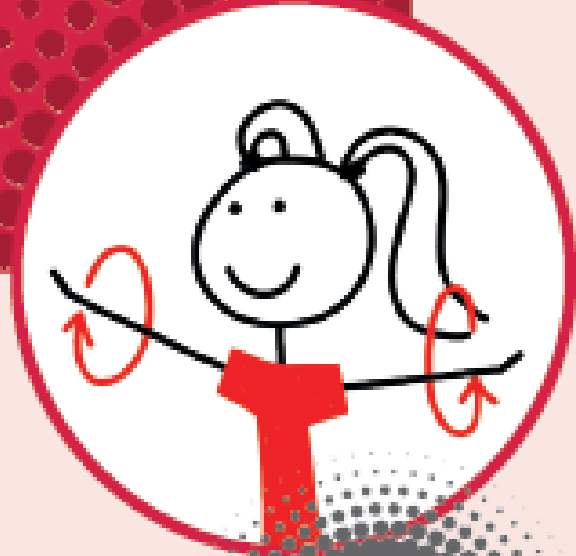


Challenge 4: Can you perform 20 arm circles forwards?



DELTOID AND
TRAPEZIUS

Description

- Start by standing up tall with your arms stretched out to the sides.
- Slowly move your hands in a circular motion going forwards first.
- Try to keep your circles small and keep your arms stretched out.
- Now complete 20 backwards circles.

Finding it easy? Try this...

- Make your circles slightly bigger and bigger as you complete the 20 arm circles.
- Hold something in your hands as you complete the circles.



Parents Signature: