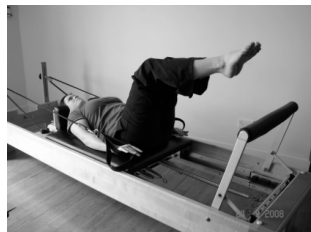


REFORMER ARM ADDUCTION



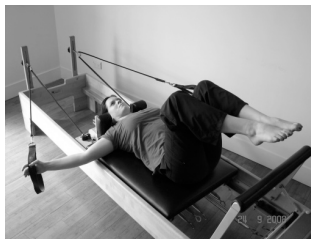
Starting Position

- Lie on your back on the reformer, hip and knees bent to 90 degrees
- Hands in the straps in a T position, palms facing your sides
- Back in neutral spine and your neck long and relaxed



Movement

- Set your lower abdominal muscles and the muscles between your shoulder blades before moving your arms
- Exhale. Bring your arms into your sides, reaching your fingers away from you



- Inhale. Slowly return your arms to the starting position
- Repeat 5 – 10 times

Notes:

- Maintain tension on the straps throughout the exercise
- Keep your shoulders and neck relaxed