

FIVE WAYS TO MOVE YOUR UPPER BODY WHILE STANDING

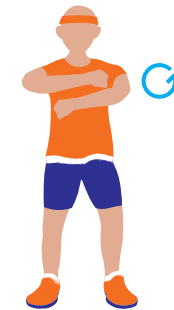
Repeat each activity for **30 seconds**

Hook punches



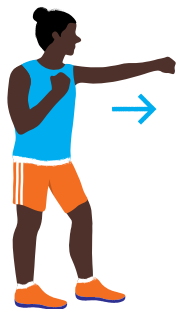
1. Make fists with your hands. Bring your left hand across your body and punch forwards with your right hand.
2. Repeat with opposite hands.

Rolling arms



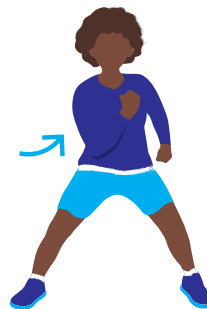
1. Stand still and move your arms over one another in a circular motion.

Forward punching



1. Stand still and punch forwards with one arm at a time.

Uppercuts



1. Swing your right arm to the left, punching upwards.
2. Repeat with your left arm.

Upward punching



1. Stand still and punch upwards with one arm at a time.