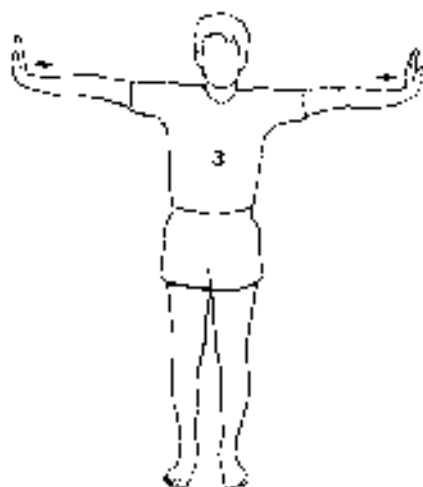
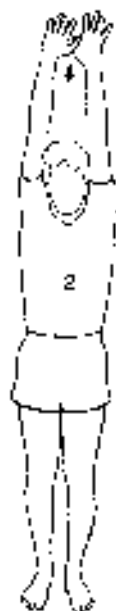


skuldersulning: lægges fremad og derefter bagud



6 hæve



7 pres skulderen
ind mod midten



8 læg dem iside



9 pres skulderen
mod midten
af ryggen

nakkesulning: løst i den ene retning og i den anden



10



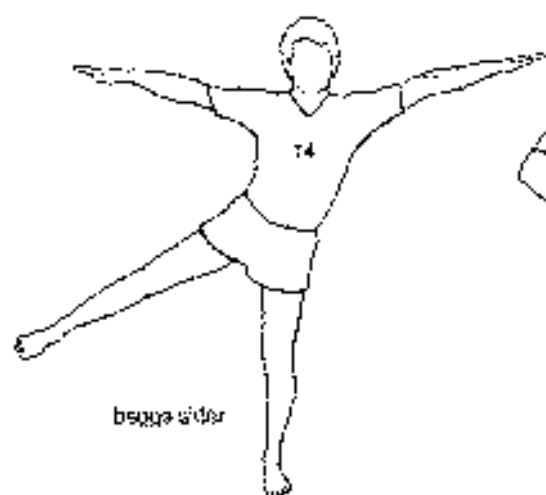
11



12



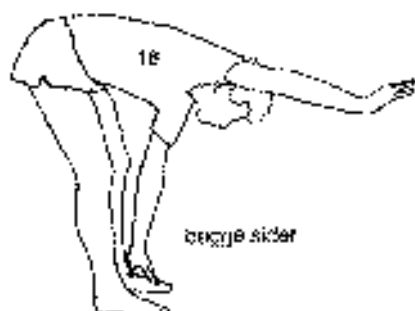
13



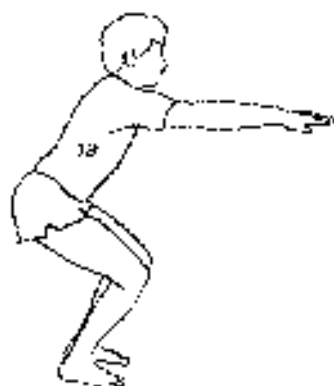
begge sider



begge sider



begge sider

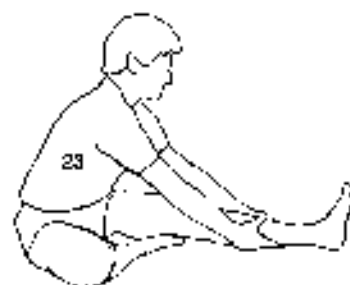




begynder siden



Stilling 21 kan springes over, hvis
man har for meget blodtryk



øvelser 22 til 24 til den anden side

