

# Two-Arm Ball Reach



- Place a large ball against a wall at shoulder height.
- Place one foot slightly in front of the other and place the small finger side of your hands against the ball.
- Roll the ball up the wall with your forearms as shown using mostly your \_\_\_ arm until you feel a mild stretch in your \_\_\_ arm.
- Do NOT arch your back, shrug your shoulders, or illicit pain.
- Lower the ball and repeat 20 times.