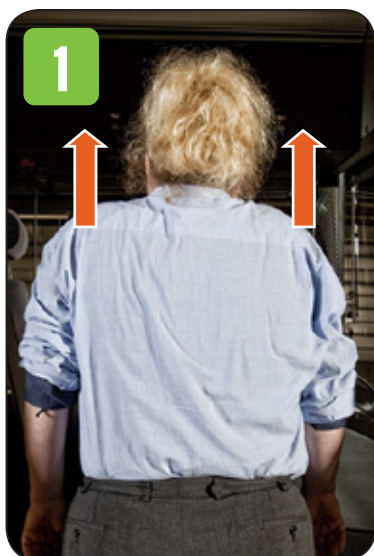
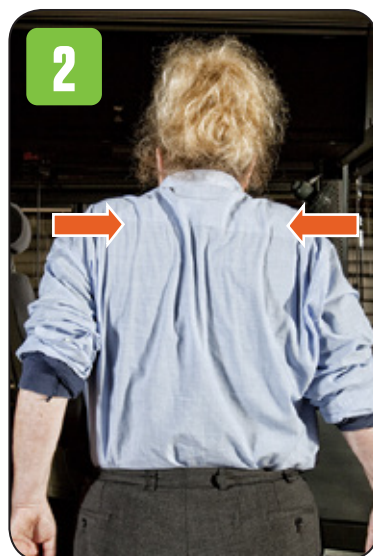


# Hurtige øvelser til arbejdsdagen

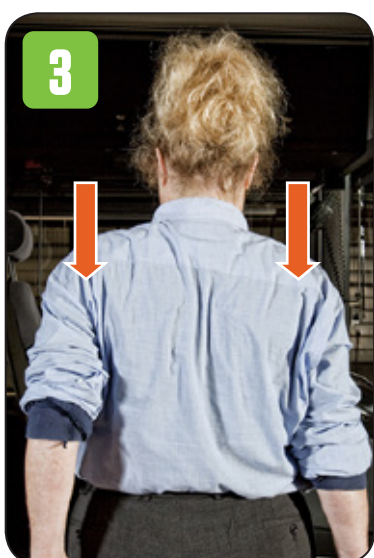
## Skulderfirkanter



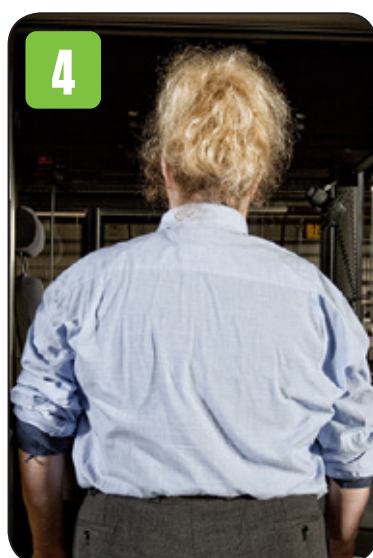
1. Løft skuldrene.



2. Saml skulderbladene, mens skuldrene er løftede.



3. Sænk skuldrene med samlede skulderblade.



4. Slap af igen.

Gentag øvelserne 6-8 gange.