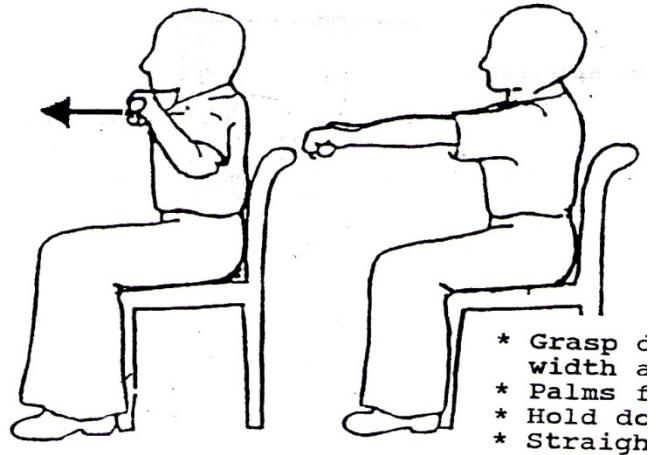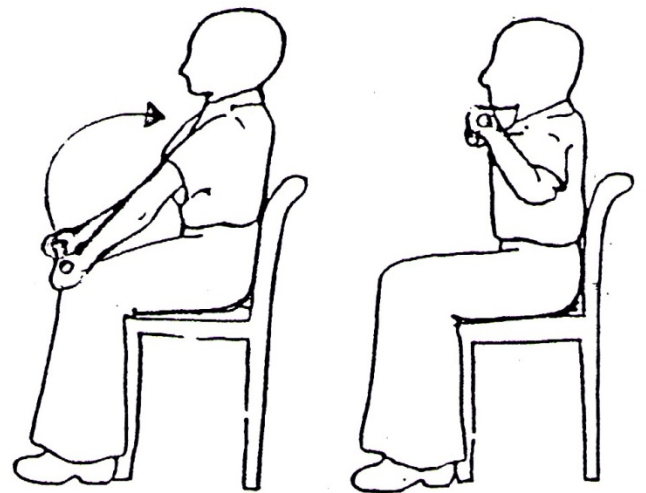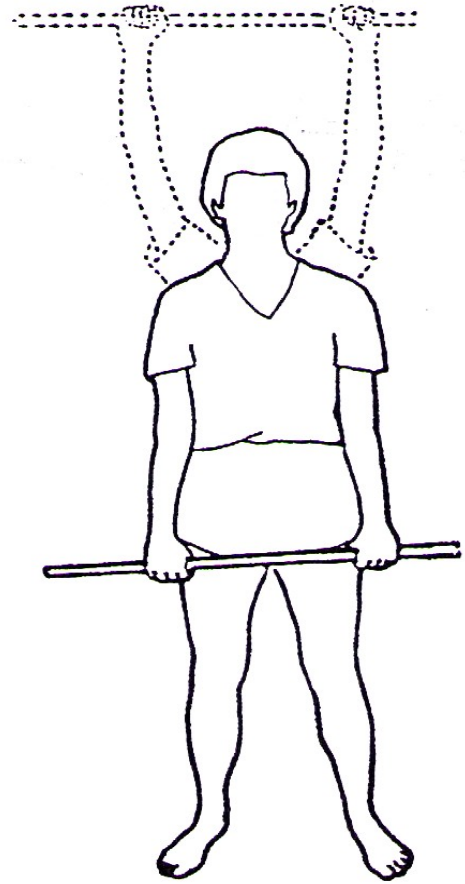# Dowel Exercises

- Grasp dowel with hands shoulder width apart
- Palms face down
- Hold dowel at chest
- Straighten arms bringing dowel forward directly in front of chest
- Return dowel to chest
- Repeat _____ times

* Grasp d
  width a
* Palms f
* Hold dc
* Straigh

- Grasp dowel with hands shoulder width apart
- Palms face up
- Hold dowel in lap
- Bend elbows and bring dowels to chest
- Return dowel to lap
- Repeat _____ times

- Grasp dowel with hands shoulder width apart
- Palms apart
- Hold dowel at legs
- With arms straight raise arms as high as possible
- Bring arms back down to legs
- Repeat _____ times

- Grasp dowel with hands shoulder width apart
- Palms face down
- Hold dowel in lap
- Bend elbows and bring dowel to chest
- Return dowel to lap
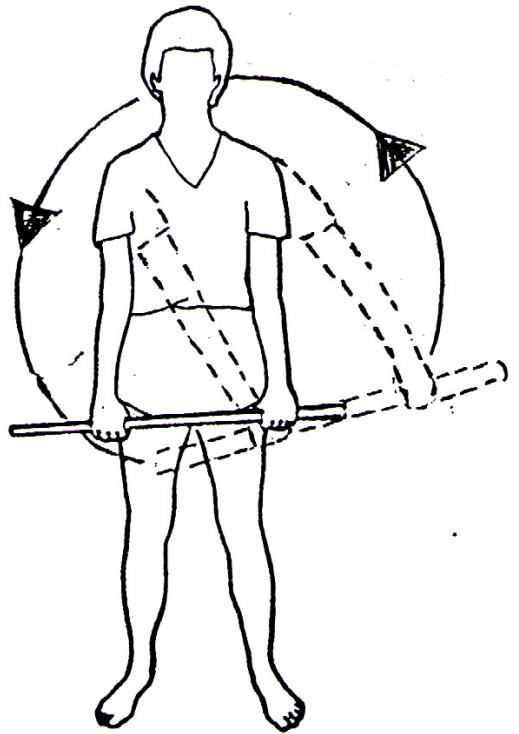- Repeat _____ times

wel to
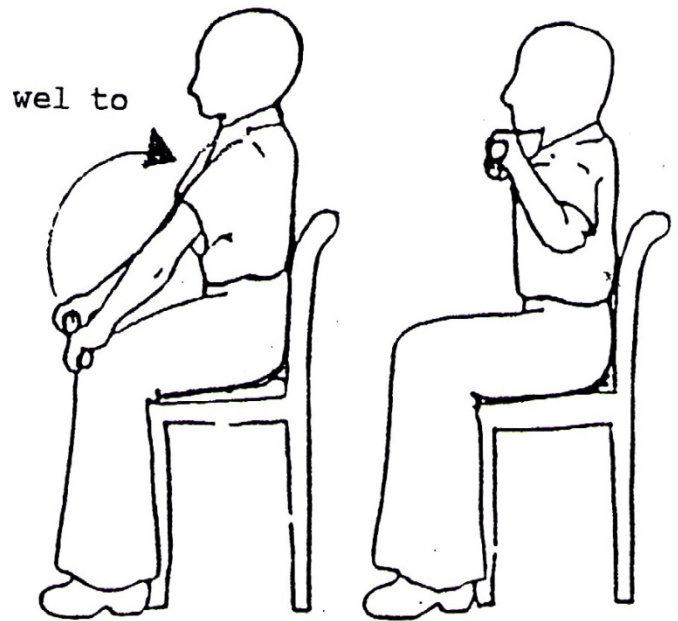
- Grasp dowel with hands shoulder width apart
- Palms should be facing the ground
- Hold dowel at chest
- Move dowel forward in a big circle towards knees and then back up to chest
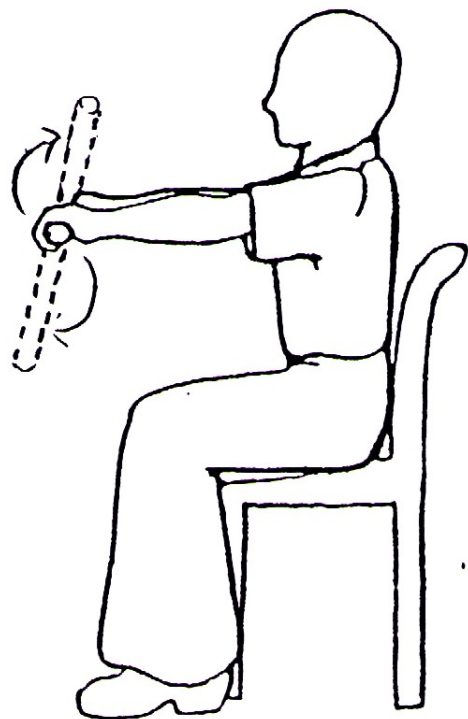- Repeat _____ times
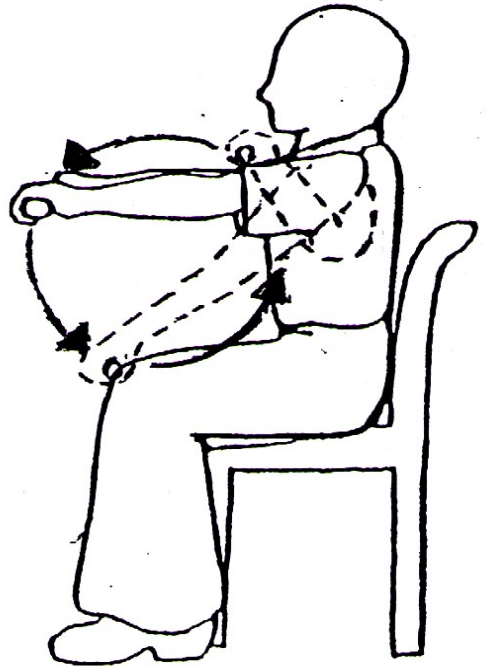
- Grasp dowel with hands shoulder width apart
- Palms down
- Hold dowel at chest
- Move dowel backwards towards knees then out away from body and
 back to chest in a big circle
- Repeat _____ times
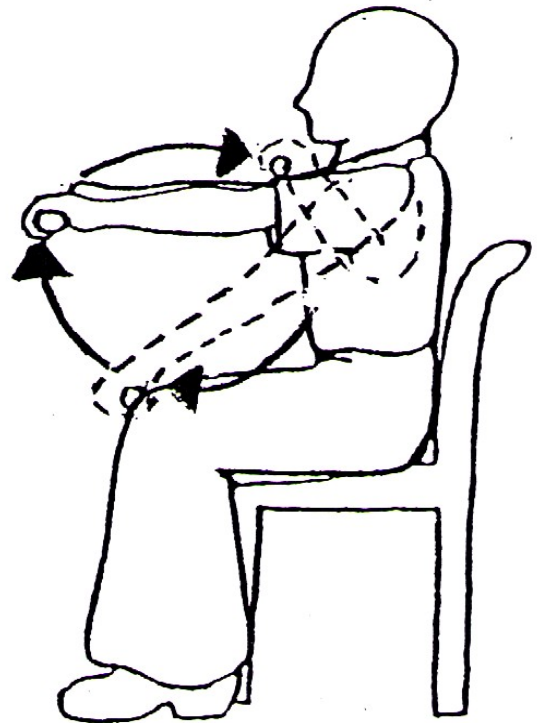
- Grasp dowel with arms shoulder width apart
- Hold dowel in lap
- Keeping arms straight bring dowel in a counterclockwise circle in front of the body
- Repeat _____ times
- Repeat in the opposite direction going clockwise
- Repeat _____ times

- Grasp dowel near the center
- Keeping arms straight twist dowel to the right
- Twist dowel to the left
- Repeat _____ times

- Grasp dowel with arms shoulder width apart
- Hold dowel behind head
- Straighten arms above head.
- Bring dowel back behind head.
- Repeat _____ times
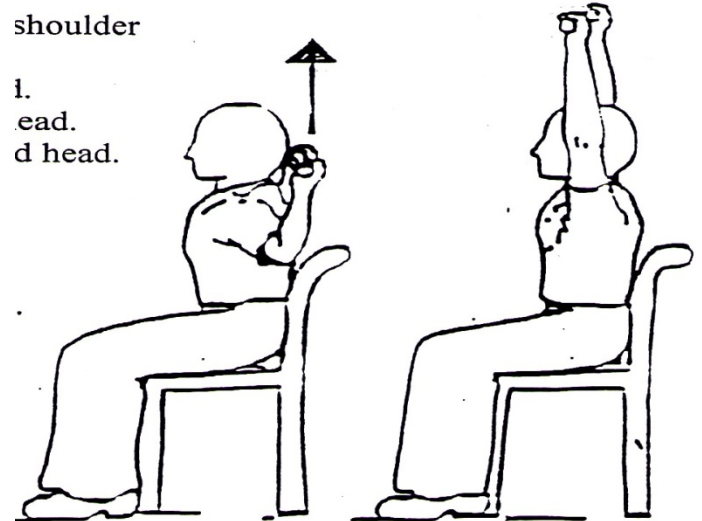
- Grasp dowel with arms shoulder width apart
- Palms down
- With arms straight, hold dowel at chest level
- Keep arms straight and swing dowel to right side
- Swing dowel to the left side
- Repeat _____ times