

## House Protocol 1

1) Exercise one is called **Saws**. Start with your elbows at 90 degrees with your arms by your sides. Try to saw your hands back and forth quickly. Perform three hand positions (palms facing up, palms facing each other, and palms facing down) and three reps of each.

2) Exercise two is called **Punching Biceps**. Start with your elbows at 90 degrees with your arms out in front of your body. Alternate rocking each arm back and forth like you were rocking a baby. Perform three hand positions (palms facing up, palms facing each other, and palms facing down) and three reps of each.

3) Exercise three is called **Hitchhikers**. Start with your hands over your thighs with your palms facing your legs. Lift your elbows up to the sky and then externally rotate your hands and extend your elbows at the same time. Perform a minimum of three repetitions.

4) The last exercise is called **Push/Pulls**. Take your dominant hand and hold it out in front of your face with your palm facing away. Lift your other hand up and lock your fingers together with your dominant hand. With elbows parallel to the ground try to pull your hands apart as hard as possible, trying to squeeze your shoulder blades together at the same time. Hold for three seconds and then move your arms side-to-side continuing to pull apart. Then make three big circles forward and three circles backwards with your hands still pulling apart. Finally, try to swim forward three times and backwards three times with your elbows. Now repeat the same movements while pushing your hands together instead of pulling.

