

# Powerbreak vol. 1

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		<p><b>Rotation of the spine</b></p> <p><a href="#">Watch video</a></p> <p><b>8 x 2 reps</b></p>	<ol style="list-style-type: none"> <li>1. Stand with a little space between your feet. Fold your hands, and keep your elbows at shoulder level, while rotating your upper body.</li> <li>2. Look in the same direction as your hands while rotating from side to side.</li> </ol>
		<p><b>Shoulder rotation</b></p> <p><a href="#">Watch video</a></p> <p><b>8 x 2 reps</b></p>	<ol style="list-style-type: none"> <li>1. Stretch your arms out to the side with your palms facing downwards.</li> <li>2. Rotate your arms in a circular movement about 20 cm in diameters.</li> </ol>
		<p><b>Shoulder push</b></p> <p><a href="#">Watch video</a></p> <p><b>10 reps</b></p>	<ol style="list-style-type: none"> <li>1. Lift your arms out to the side, bend your elbows, they should be facing downwards, and your palms should face forwards.</li> <li>2. Stretch your arms over your head and down again.</li> </ol>
		<p><b>Side bend – bend to one side at the time</b></p> <p><a href="#">Watch video</a></p> <p><b>8 x 2 reps</b></p>	<ol style="list-style-type: none"> <li>1. Stand with a little space between your feet, tighten up your core, bend down to one side and up again. Hold an object if you want to.</li> <li>2. Your hip should not move and make sure not to bend forwards.</li> </ol>