



ISSN: 2456-0057

IJPNPE 2023; 8(1): 384-390

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www.journalofsports.com

Received: 20-05-2023

Accepted: 23-06-2023

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The effect of preventive exercises using different resistances in improving the flexibility and strength of the muscles working on the shoulder joint for women aged 30-40 years

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DOI: <https://doi.org/10.22271/journalofsport.2023.v8.i1f.2761>

Abstract

The study aims to prepare preventive exercises using different resistances and to identify the effect of preventive exercises in improving the flexibility and strength of the muscles working on the shoulder joint. (Alaa Gym) by (10) women, and the statistical bag (SPSS) was used to extract the results. The researcher concluded that the preventive exercises used had a positive effect on improving the muscles working on the shoulder joint and that the preventive exercises had contributed to improving the flexibility and strength of the muscles working on the shoulder joint in the research sample. Therefore, the researcher recommends, based on the results of the study, to use of these exercises in clubs and Sports, as well as adopting these exercises in physiotherapy centers and fitness centers (ym), and using these exercises at other age stages, and the need to educate women about the importance of practising exercises to prevent them from injuries.

Keywords: Preventive exercises, flexibility, and muscle strength, shoulder joint.

Introduction

Injury prevention is a fundamental concept in the field of medical and sports science, where maintaining the integrity of the body and avoiding injuries is an essential part of a healthy life and sustainable physical activity. Injury prevention aims to reduce and prevent harm and damage that may be caused to the body as a result of daily activities or intense exercise.

Injury prevention involves many interrelated aspects that must be taken into account. On a personal level, individuals should lead a healthy lifestyle, which includes regular exercise. This helps strengthen the muscular system, which plays a crucial role in preventing injuries. By means of strength and stretching exercises, muscle stability is improved and endurance is enhanced, which reduces the risk of injuries caused by wrong movements or excessive stress on the joints.

Many studies have confirmed that injury prevention should always be a priority, and it is even more important than treatment protocols, and it is known that women are most likely to suffer many injuries during exercise due to low health awareness, which leads to their reluctance to exercise. (Hasan BB, 2021) ^[13].

Injury prevention exercises are of great importance in many areas of life, be it in sports, at work, or in everyday life by improving the quality of life, reducing the risks and high costs of treatment, maintaining the overall health of the body, and reducing the risk of acute and chronic injuries that can negatively affect daily life and the ability to carry out various activities.

The huge increase in the daily work of individuals in general and in various professions leads to an increase in the rate of injuries, and because women in particular lack general physical fitness, especially the elements of strength and flexibility, which are considered one of the most important elements that prevent the occurrence of injuries, so the researcher deliberately prepared a set of preventive exercises using various resistances that improve the flexibility and strength of the muscles working on the shoulder joint for women aged 30-40 years.

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Research objectives

1. Prepare preventive exercises using different resistors.
2. Identify the effect of preventive exercise in improving the flexibility and strength of the muscles working on the shoulder joint.

Research hypothesis

* There are significant differences between the pre-and post-tests in the elasticity and strength of the muscles working on the shoulder joint.

Research Methodology

The researcher used the experimental method to design the single group, for its convenience and the nature of the research problem.

Sample research

The research sample was chosen by the probabilistic method by the accidental sampling method (or accidental sampling) and is sometimes called the sample at hand (Convention Sampling) and it depends on the researcher's choice of the sample that is easy to obtain. (Allawi, salary; c1999, p. 147). The sample was selected from women who wear the fitness Hall (Alaa gym) and (10) women, and they were selected after confirming that they had not previously suffered any shoulder injury and at the age of (30-40) years, and their number was (10) trainees.

Sample homogeneity

In order to ensure the homogeneity of the sample, the researcher resorted to finding the torsion coefficient in the variables (height, weight and age) as shown in Table (1), and it has shown that all measurements achieve the moderate curve, which shows that it ranges between (± 3), which indicates the good distribution of the individuals of the research sample and their homogeneity.

Table 1: Shows the homogeneity of the sample for variables (height, mass, age)

Variants	Units	samples	Average	STDEV	median	skew
Length	com	10	163,8	11,341	161	2,775
Mass	kg		68,4	4,115	68	0,156
Age	year		34,3	3,129	33	0,333

Means, tools, and devices used in data collection:

- Arabic and foreign sources.
- Registration of results form.
- Rasta meter device for measuring weight and height.
- Genometer device for measuring motor range.
- Al-Sando device for muscle strength tests as described in Appendix ^[3].
- Rubber cords.
- Dumbbells of different weights.
- Medical balls with different weights.
- Iron bar.
- A wooden stick.

Tests and measurements used in the research

1. Tests for measuring range of motion (Forward flexion, backward extension, adduction, abduction), (Mohammed, 2013)

- a) **Flexion Test:** The subject is seated on a platform with arms by their sides and parallel to the body's midline (shoulder joint in a zero position), and the palm is facing the body.

Measurement method: The goniometer axis is placed under the humerus bone from the lateral side, with one arm of the goniometer parallel to the ulna bone (movable arm) and the other arm parallel to the midline of the trunk, passing through the midpoint of the axilla (fixed arm). The examiner stabilizes the fixed arm of the goniometer while moving the movable arm forward and upward to the maximum bending range, and reads the angle between the goniometer arms, which represents the flexion angle.

- b) **Extension Test:** The subject is seated on a platform with the face opposite to the measurement direction, arms by their sides and parallel to the body's midline, and the palm facing the body.

Measurement method: The goniometer axis is placed under the humerus bone from the medial side, with one arm of the goniometer parallel to the ulna bone (movable arm) and the other arm parallel to the line passing through the midpoint of the axilla (median axillary line). The examiner stabilizes the fixed arm of the goniometer while moving the movable arm backwards and upward to the maximum extension range, and reads the angle between the goniometer arm, which represents the extension angle.

- c) **Adduction Test:** The subject is seated on a platform with arms by their sides and parallel to the body's midline, and the palm facing forward.

Measurement method: The goniometer axis is placed in front of the shoulder joint, parallel to the humerus bone, with one arm of the goniometer parallel to the trunk (fixed arm) and the other arm parallel to the longitudinal axis of the ulna bone (movable arm). The examiner stabilizes the fixed arm and moves the movable arm forward and upward by grasping it from the ulna bone, bringing it towards the chest and the opposite shoulder to the maximum adduction range, and reads the angle between the goniometer arms, which represents the adduction angle.

- d) **Abduction Test:** The subject is seated on a platform with arms by their sides and parallel to the body's midline, and the palm facing forward.

Measurement method: The goniometer axis is placed in front of the shoulder joint, parallel to the humerus bone, with one arm of the goniometer parallel to the trunk (fixed arm) and the other arm parallel to the longitudinal axis of the ulna bone (movable arm). The examiner stabilizes the fixed arm and moves the movable arm sideways, outward, and upward to the maximum abduction range, and reads the angle between the goniometer arms, which represents the abduction angle.

2. Tests of muscular strength of the shoulder joint

A. Test name: Test the strength of pulling the shoulder muscles from the front

The purpose of the test: To measure the strength of the shoulder muscles from the front.

Tools used: Sando device

Performance description: The tester stands with her back facing the device and pulls the handle attached to the weight lifting wire towards the front as shown in Figure (1).

Method of registration: The weight she was able to lift during the draw is recorded for the tester, as the tester performs two attempts and calculates her best attempt.



Fig 1: Shows the test of Strength of pulling the shoulder muscles from the front

P Name of the Test: Test the strength of pulling the shoulder muscles from behind.

The purpose of the test: To measure the strength of the shoulder muscles from behind.

Tools used: Sando device.

Performance description: The tester stands with her face facing the device and pulls the handle attached to the weight-lifting wire towards the back as shown in Figure 2.

Method of registration: The weight she was able to lift during the draw is recorded for the tester, as the tester performs two attempts and calculates her best attempt.



Fig 2: Show the test of the pilling force of the shoulder muscles from behind

T Test name: Test the strength of pulling the shoulder muscles from the sides.

The purpose of the test: To measure the strength of the shoulder muscles from the sides.

Tools used: Sando device.

Performance description: The tester stands next to the device and pulls the handle attached to the weight lifting wire towards the side (Right-Left) towards the top as shown in Figure (3).

Method of registration: The weight she was able to lift during the draw is recorded for the tester, as the tester performs two attempts and calculates her best attempt.



Fig 3: Shows the test of the strength of pulling the shoulder muscles from the side

Research procedures

- Exploratory experiment: It was conducted on a sample of (30) women from outside the original sample and was aimed at the following:
 - Ensure the validity of the tests and the possibility of applying them to the elected sample and the extent of their response to the implementation of the tests.
 - Marking errors and obstacles in order to overcome them.
 - Training the members of the auxiliary work team by conducting the implementation of tests, mastering the validity of tests, and recording the results to ensure the success of the educational process.
- The availability of the required capabilities in terms of the suitability of the specified places for conducting tests on them, as well as the availability of appropriate tools for tests.
- Knowledge of the researcher's ability to conduct special tests and identify the time taken to conduct tests.
- Creating requirements for maintaining the health and safety of testers.
- Finding the scientific weight of the candidate tests in terms of consistency, honesty, and objectivity. This experiment has achieved its purpose and the tests were conducted on Thursday, 4/5/2023 at 4 pm in the fitness Hall (Alaa gym).
- Scientific foundations of tests and measurements.

Truthfulness of tests

It is defined as (the degree by which the test measures the thing to be measured) (Farhat; c 2001, p. 46), and therefore the researcher used the truthfulness of the content, which is

the process of presenting the questionnaire forms to a group of experts and specialists in the field measured by the test, and their opinions can be relied on in the validity and truthfulness of the test, which is the method used by the researcher to find the truthfulness of the tests used since the test forms were presented to experts and specialists and were nominated by them.

Stability of tests

Constancy means that if the test is re-applied to the same

individuals, it gives the same results or similar results, and also means the consistency of the test results with the same if repeated once or several times, as the coefficient of constancy was extracted by re-testing on the same individuals of the survey experiment sample. On Thursday, 11/5/2023, by means of the simple correlation coefficient (Pearson), the stability coefficient was found, as the results showed that the tests have a high degree of stability because (The closer the stability value to (+1) indicated that the tests have a high degree of stability), (Al-Hakim; c2004, p. 31) as in Table (3).

Table 3: Shows the coefficients of honesty and constancy

Variants	Unit	Constancy	Honesty
Forward bending test	degree	0,918	0,958
Testing the tide backwards	degree	0,721	0,849
Adduction	degree	0,846	0,919
Abduction	degree	0,982	0,99
Muscular strength of the forward arm	Kg	0,891	0,943
Muscular strength of the arm aside	Kg	0,839	0,915
Muscular strength of the back arm	kg	0,721	0,849

The objectivity of the tests

The objectivity of the tests has a close relationship with the coefficient of stability, as high stability scores will be achieved by objective coefficients (because the high coefficient of stability corresponds to the high coefficient of objectivity in the tests). (Al-Hakim; c2004, p. 32) ^[7] It was found that there are no differences between the results of the arbitrators.

Tribal tests

The tribal tests were held on Saturday, 13/5/2023 at 5 pm in the fitness Hall (ALA Gym).

The main experience

The implementation of the main experiment was started on the corresponding Sunday 14/ 5 /2023 it lasted (6) Weeks, 3 days a week, with a total of 18 units, while the content of the qualifying units was

The units included exercises without weight, exercises using body weight, exercises using dumbbells, an iron bar, and exercises using rubber ropes, a medical ball and a treadmill.

- The total unit time varies between (20-40) minutes.
- In the rehabilitation units, the researcher used a rest between exercises ranging from (15-30) seconds and between totals (30) seconds.

- The warm-up period (5) minutes precedes the exercises in order to prepare the muscles and body systems.
- Allocate (5) minutes to conclude in order to do calming exercises.
- The number of units per week will be three.
- Taking into account the principle of repetition in the exercises and ranged between (4-8) repetitions of one exercise.
- The experiment ended on Thursday, 22/6/2023, and the researcher used a set of preventive exercises as described in Appendix (2).

Dimensional tests

The remote tests were conducted on the corresponding Sunday 23/6 /2023 at 4 p.m., the researcher took into account the conduct of these tests under the same conditions as the tribal tests in terms of space, time, the tools used in the measurement and the auxiliary work team.

Statistical methods

The researcher used the statistical bag (SPSS).

Presentation and discussion of results

First: Presentation and discussion of the results of flexibility in the research sample.

Table 2: Shows the results of the pre-and post-flexibility test of the variables under study

Variants	Directions	Pre-test		Post-test		The arithmetic mean of the difference	The standard deviation of differences	T-Value	Level Sig	Sig
		Average	STDEV	Average	STDEV					
Forward bending test	Right	321	6,146	341	5,676	20	2,357	26,833	0,00	Sig
	Left	321	6,992	340	5,774	19	3,162	19	0,00	Sig
Testing the tide backwards	Right	128	6,325	108	7,528	20-	2,357	26,833-	0,00	Sig
	Left	128,5	6,687	107,5	7,546	21-	3,162	21-	0,00	Sig
Adduction	Right	288	10,593	307	10,593	19	2,108	28,5	0,00	Sig
	Left	287	10,328	306	9,369	19	3,162	19	0,00	Sig
Abduction	Right	146	5,164	127,5	6,346	18,5-	2,415	24,222-	0,00	Sig
	Left	147	5,375	128	6,325	19-	2,108	28,5-	0,00	Sig

The results in Table (2) showed that there are significant differences between the pre-and post-tests in the tests of the flexibility of the shoulder joint and in favour of the post-tests and that the percentage of improvement in the variable of flexibility of the shoulder joint was high, and the researcher

attributed this improvement to the effectiveness of flexibility exercises for the shoulder joint within the preventive program, which positively affected the full range of motion of the joint. The most important thing that the researcher wants is to prevent the shoulder joint from any injury by using preventive

exercises that strengthen the working muscles in the shoulder and thus obtain the flexibility of the joint for movement and then increase the effectiveness of the work of this joint. She confirms this (Faraj; c1999. p. 160) ^[2] that sports injuries can occur if the shoulder joint is stretched beyond its normal range and therefore improving flexibility reduces the incidence of injury.

This is consistent with the findings of the study (Abdel Razek, 2000) ^[12] and (Hassan, 2017) ^[4] on the effectiveness of flexibility and stretching exercises in injury prevention and the need to be the most important parts of physical preparation in preventive programs. As well as the correct selection of these exercises, determining the performance periods and repetitions and giving proper rest between exercises, and this is what Abdullah emphasized (Abdullah; c2001. p. 173) ^[5] that "the therapeutic approach has its effective effect in returning the injured part to work normally after the exercises are selected effectively and effectively and relying on scientific foundations in repetitions, performance and rest periods". She also confirmed this (Yusuf; c1998. p. 164) ^[16] that "range of motion exercises such as flexion, extension, adduction, distancing and rotation are standard exercises for the process of natural shoulder repositioning and

that each exercise works on a special muscle or muscle group that helps stabilize the shoulder joint and thus obtain a wide range of motion".

This is confirmed by (Allawi; c1992. p. 193) ^[11] that therapeutic exercises lead to improving the flexibility of the shoulder and arms by preparing the muscles to put pressure on the joints located near them to improve flexibility, where muscle shortening and lack of flexibility and fibrosis are among the most important factors affecting the flexibility of the joint, and therefore therapeutic exercises should be used to get rid of joint fibrosis and increase muscle elasticity, thus emphasizing the set of exercises for flexibility and strength exercises in order to achieve balanced development of the joint".

The researcher believes that the effectiveness of preventive exercises contributed to overcoming the motor determinants and the flexibility it gains for joints, ligaments and muscles, as the researcher considers the motor ranges (flexion, extension, approximation, distancing) are very important variables that need to be focused on, as the movement of the joint and in different directions represents the entire joint.

Second: Presentation and discussion of the results of muscle strength in the research sample:

Table 3: Shows the results of the tests of the tribal and dimensional muscular strength of the variables under study

Variants	Directions	Pre-test		Post-test		The arithmetic mean of difference	Standard Deviation of Differences	T-Value	Level Sig	Sig
		Average	STDEV	Average	STDEV					
Muscular strength of the forward arm	Right	20,6	1,174	31,2	2,486	10,6	1,578	21,247	0	Sig
	Left	18,7	1,16	29,3	2,452	10,6	1,838	18,239	0	Sig
Muscular strength of the arm aside	Right	18,4	1,43	26,6	1,43	8,2	1,398	18,543	0	Sig
	Left	16,7	1,418	25	2	8,3	1,829	14,352	0	Sig
Muscular strength of the back arm	Right	17,3	0,823	23	0,943	5,7	1,16	15,545	0	Sig
	Left	16,1	1,37	21,5	0,85	5,4	1,506	11,342	0	Sig

The results in Table (3) showed that there are significant differences between the pre-and post-tests in muscle strength tests and in favour of post-tests, the researcher attributes the reason for the improvement in muscle strength to preventive exercises using various resistors (dumbbells, medical balls, rubber ropes (stick), iron bar, support device) all this has contributed to the improvement of the strength of the muscles working on the shoulder joints her tension, which improves the level of her muscular strength.

Seeing (Hassan BB, & Hasan AA, 2022) ^[14] resistance exercises with various weights have an effective effect in creating positive changes in the physical functions of working muscles, leading to the development of muscle strength even when using low resistances.

Abdelmaksoud; c1997. p. 395-396 ^[6], asserts that the violation of muscle balance is due to the inconsistent development of the strength level and to the insufficiency that occurs in the level-specific muscles, and on the other hand due to the weakness of the muscles that are not adequately trained.

A study (Mohammed, 2003, p.8) confirms that balanced strength programs lead to the prevention and Prevention of injuries. (Hasan BB, 2022) ^[14].

The researcher followed the rule of gradualness in increasing the difficulty of exercises using different resistances, which led to a state of adaptation to work gradually to ensure the safety of the preventive process according to gradual stages from simple to complex, and this is what both (Al-Desouki and Mahmoud 1999, p. 8) ^[1] pointed to the importance of taking into account the gradualness in exercises designed

from easy to hard, especially exercises aimed at improving motor range and muscle strength.

Conclusions and Recommendations

Conclusions

- Preventive exercises have a positive effect on improving the strength of the muscles working on the shoulder joint.
- Preventive exercises had a positive effect on improving the range of motion in the shoulder joint in the research sample.

Recommendations

- The researcher recommends using these exercises in sports clubs.
- The adoption of these exercises in physiotherapy centers and fitness centers (gym).
- Use these exercises at other age stages.
- The need to raise women's awareness of the importance of exercise to prevent them from injuries.

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- Shoulder abduction movement exercise to the side: Raise the arm to the side and the arm is fully extended next to the body, your palm is pointing down, and the torso is straight, then start lifting the arm until the stage of feeling muscle tension and fixation for 10 seconds, then resistance for 6 seconds to the highest point and fixation for 30 seconds.
 - Forward shoulder abduction exercise: Raise the arm to point to the ceiling, arm outstretched, pull to the highest possible point and hold for 30 seconds.
 - Push the inner shoulder: Stand from the side and put the arm against the wall, bend the elbow joint at a right angle and then do the wall push by the fixing arm for 5 seconds and return to the normal position.
 - External shoulder rotation: Stand at an angle or in the door frame and place the arm against the wall at a right angle. Then push the arm against the wall. Hold the installation for 5 seconds, then return to normal.
 - Pendulum rotation of the arm: Bending from the hip forward at a right angle, using a deck to get support for the body and supporting the arm on it, then moving the arm in a circular pattern counterclockwise, then the same movement clockwise for 10 seconds.
 - Grab the rubber cord with both hands and pull them to the side.
 - Internal rotation exercise: Place the arm behind the back with a movement of the elbow joint, the arm is raised up, then lowered down and continue the movement for 10 seconds.
 - From a sitting position on the knees, extend the arms on the mat with the neck bent and the head down.
 - Put the hands behind the back of the stand and hold the stick, moving it to the sides and making the hands outstretched.
 - Stand Open, hold the stick in front of the lower body, raise the stick high and press back.
 - Stand Open, hold the stick in front of the lower body, lift the stick high behind the back and return to the original position.
 - From a standing position, open the arms forward, lifting the stick and moving it up and down.
 - Face the wall, grab the rubber cord at both ends and pull them out by hands apart.
 - From a standing position in front of the door opening, extend the arms to the side while pushing the chest forward.
 - From a sitting position on the floor pull the hands back.
 - Lie on the face above the deck, arm, fully extended downwards and then swing the arm back and forth, it must be ensured that the thumb points forward (head direction).
 - Stand in front of the wall and put the shoulders evenly extended, then bend and extend the arms from the elbow joint and continue to work.
 - From a standing position, hold hands behind the back with shoulders straight back.
 - Grab an elastic rope behind the back and then pull it up to the highest point possible to reach.
 - From a normal standing position with arms outstretched and holding dumbbells to the side of the body at an angle between the humerus and the body rotate the arms forward in a continuous movement.
 - We lift the shoulders up, rolling them back in a large circular motion, and to increase the difficulty, dumbbells are held with both hands.

Appendix (1)

Preventive exercises for the shoulder joint

- Fixed shoulder extension exercise: Stand with your back against the wall and arms with full extension next to the body, the extension of the shoulders should be equal, then push the wall with your arms and hold for 5 seconds and then return to normal position.

- Deployment to the side from the forward bending position and the difficulty is increased by holding dumbbells.
- From the standing position, pull the wire with your hands towards the face using the stand device.
- From the inclined position on the mat, the arms are spread upwards and the difficulty is increased by holding dumbbells.
- From a standing position, hold a medical ball with different weights with both hands, raise and lower to face level.
- From a standing position, tilt the torso forward and hold the dumbbells with the arm and start the movement of returning the arm back with a movement from the shoulder and elbow joint to the farthest possible point.
- From a sitting position, press forward with dumbbells.
- From standing, pull the iron bar up towards the chin, forming a triangle.
- From sitting, a reverse Front Press with dumbbells.
- From a standing position, pull the tambourine upwards from the side of the body.
- Hold a medical Ball (1 kg) in front of the body at hip level, hands outstretched, and then make full circles in front of the body.
- Hold a medical Ball (2 kg) in front of the body at hip level, hands outstretched, and then make full circles in front of the body and above the head, and repeat the exercise in the opposite direction.