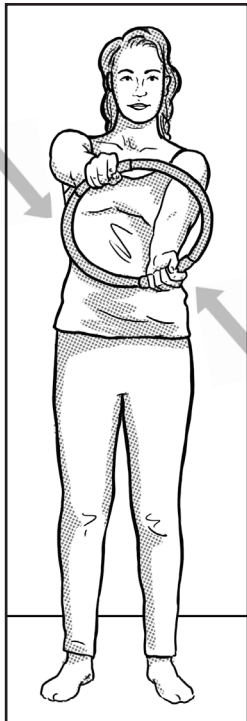


# STEERING WHEEL RING EXERCISES

## UPPER BODY FUNCTIONAL EXERCISES

NAME \_\_\_\_\_ DATE \_\_\_\_\_ PERFORM \_\_\_\_\_ TIMES EVERY \_\_\_\_\_ DAY / WEEK



### STEP 1

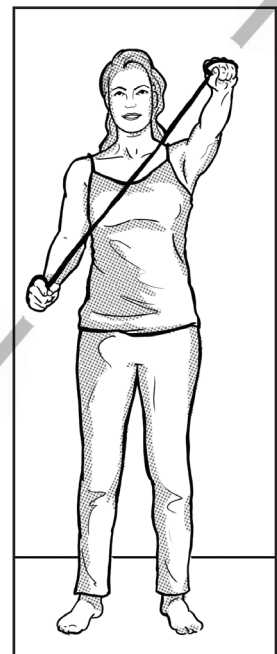
1. Stand with feet shoulder width apart. Hold ring in front of torso with one hand by shoulder and other hand closer to hip with elbows straight.  
Press ring together \_\_\_\_\_ times \_\_\_\_\_ sets.

### STEP 2

2. Stand with feet shoulder width apart. Hold ring in front of torso with one hand by shoulder and other hand closer to hip with elbows straight.  
Pull ring apart \_\_\_\_\_ times \_\_\_\_\_ sets.

### STEP 3

3. Reverse hand directions and repeat above two steps.



### VARIATION WITH EXERCISE BAND

Alternately, you can perform the same motions but with an exercise band, as shown.  
Pull band out widely \_\_\_\_\_ times \_\_\_\_\_ sets.