

# 12. Self Massage – Waking Everything Up!

## B. Waking up Arms and Back



- **Hands:**  
**Make fists** – open arms wide, then
- **Clap together** in front



- **Upper arms:** Left fist massages right upper arm, then right massages left
- **Lower Arms:** Start with left fist massaging right lower arm, then right massages left
- **Shoulders:** Open left hand and massage right shoulder, then R massages L



- **Top of shoulders, neck:** Use fists and alternate right/left
- **Back: BEND KNEES AND HIPS – UPPER BACK FLAT** - use fists to massage upper back, middle back and lower back