

## **Ball Clocks Exercise**

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**Type:** Strength

**Muscle(s) Worked:** Rhomboids

**Equipment Needed:** Light hand weights

### **INSTRUCTIONS:**

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1. Take a ball about the size of a softball and place it behind your head towards the top of the skull
2. Stand up straight and do a chin tuck into the ball. Do not lean onto the ball
3. Take a weight into each hand, start with a small weight
4. While holding the ball up with your neck muscles, lift your arms up to the side of your body just above your shoulders. Repeat 15 times
5. While holding the ball up with your neck muscles, lift your arms up in front of you just outside of your shoulder. Repeat 15 times
6. While holding the ball up with your neck muscles, lift your arms up in front of you with hands together. Repeat 15 times

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