**MoveWell™ SUPINATOR DAILY SIX**

1. **Overhead press**
   - Stand and hold both hands at shoulder height. Shift your weight to your right leg as you reach to a point over your head with your right arm. Imagine stretching a string from the bottom of your right foot to your right hand. Then shift your weight to your left and reach overhead with your left hand. Perform 12-15 each side.

2. **Medial reach w/ opposite arm (waist level)**
   - Stand on one leg with knee unlocked. Hinge at your hip as you reach to a wall at waist level with your opposite arm. Your hip should jut out and your knee should remain unlocked as you reach. Return the starting position. Perform 2 sets x 12 repetitions.

3. **Anterior cone touch (opposite hand)**
   - Stand on one leg with your knee unlocked and foot pointed straight ahead. With your chest up tall, hinge at your hip as you bend forward to touch a cone or 6” high object about 1-2 feet in front of you with your opposite hand. Return to the starting position. Perform 3 sets x 12-15 repetitions.

4. **Split squat w/ rotation**
   - Start in a 1/2 kneeling position (one foot in front). Engage your leg muscles to lift your back knee up off the floor. Make sure your front knee is in line with your 2nd toe and stacked on top of our ankle. Maintain this position as you turn your trunk towards the front leg. Return to the starting position. Perform 3 x 12 repetitions.

5. **Revolving lateral angle**
   - Stand with feet wider than shoulder width apart. Turn your right foot to the right and your left foot to the right and lower into a lunge position. Place your left hand inside of your right foot. Reach your right arm up towards the sky, making a straight line from hand to hand. Gaze towards your right middle finger and take five deep breaths (30 seconds).

6. **Revolving triangle**
   - Transition from exercise #5 by straightening out your front knee (without locking it) and placing the back heel on the floor. Attempt to make a straight line from hand to hand as you hold this position. Take 5 deep breaths (30 seconds).