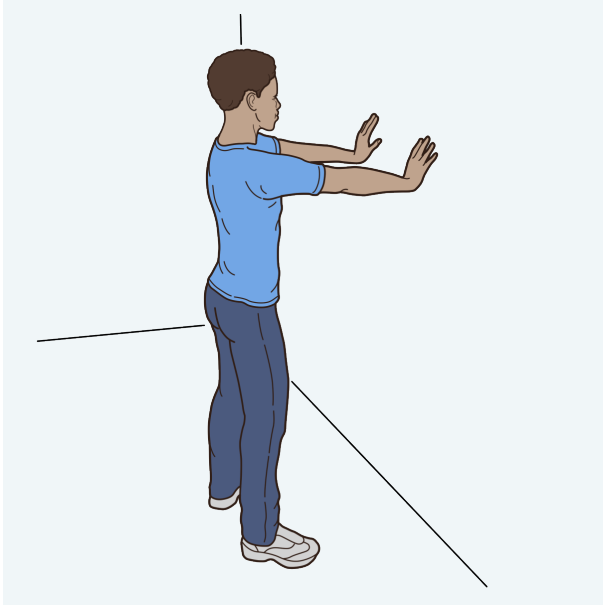
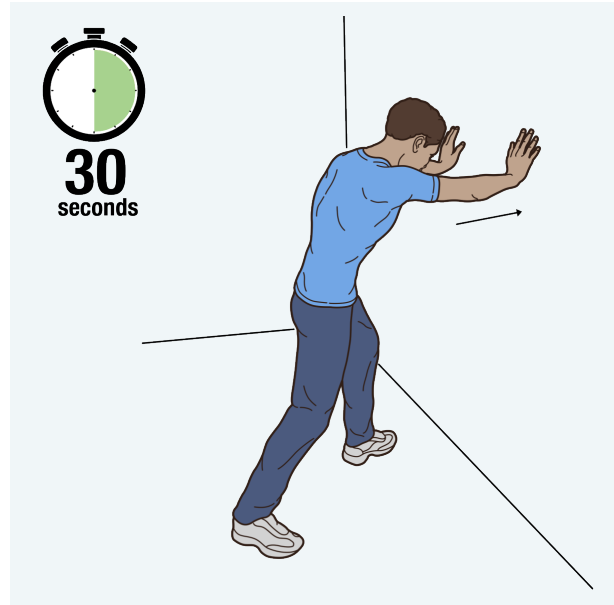


Activity 3: Feeling muscles – arms

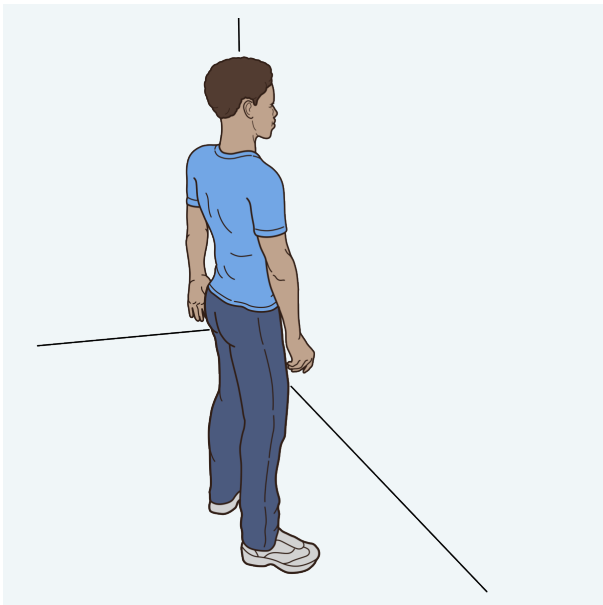
Video demonstration



1. Standing up, put your hands flat on the wall and hold them there.



2. Now push the wall as hard as you can for 30 seconds.



3. Stop pushing and rest your arms by your side. Your arms should now be relaxed.

Where could you feel your muscles when you were pushing against the wall?

4. Now repeat steps 1–3, focusing on one of the parts of your body where you felt the stretch in your muscles during the wall push.