

Arm Swing Exercise

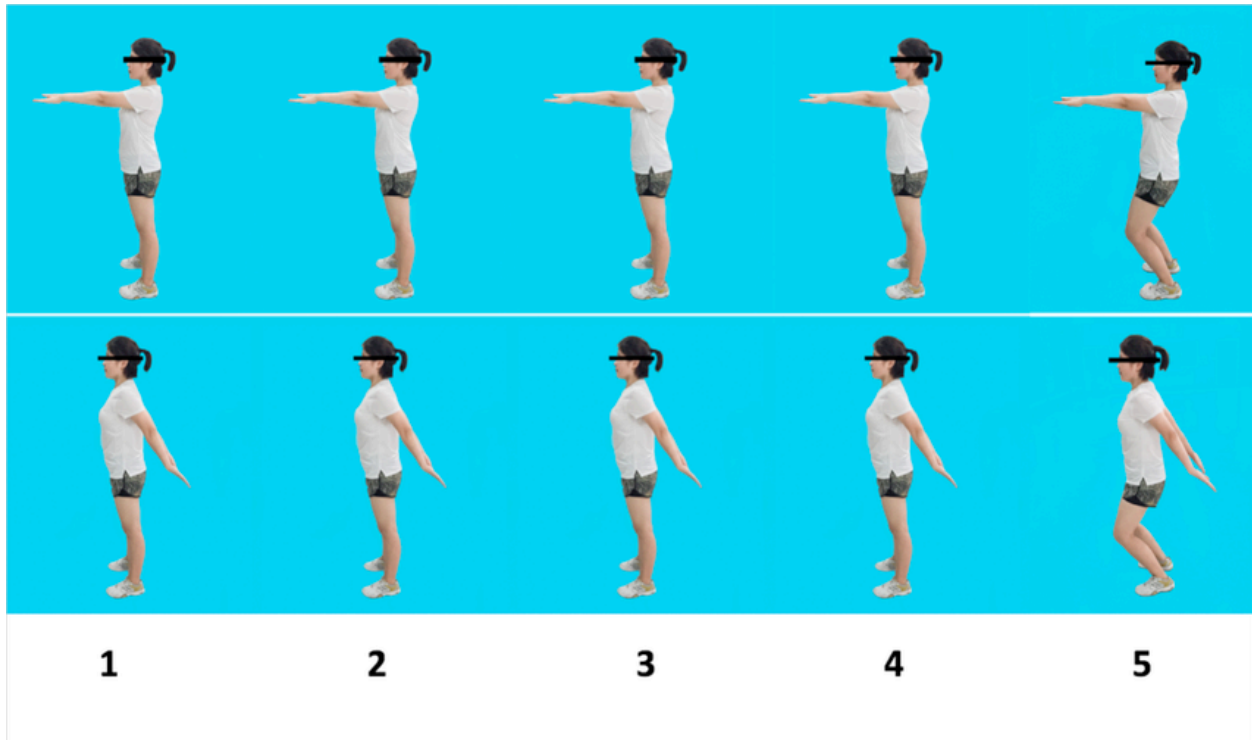


Illustration of Shuai Shou Gong (SSG) exercise. Also Known as Ping Shuai Gong and Arm Swing Exercise.

It is a synchronous and rhythmic arm-swinging movement, with arms straightly forward flexing to shoulder level and backward extending repeatedly, and combined with lightly squat twice while arms swing to the fifth time and continue this cycle.

For the first four arm swings the participant maintains their full height, swinging bilateral arms forward in front of the chest and backward slightly behind the lower back continuously. On the fifth swing bend at the knees, once in synchrony with the backward swing and a second time in synchrony with the forward swing. This same cycle of five arm swings is repeated throughout the period for which the exercise is performed.

Arm Swing Exercise

According to [Aleksandra Boj](#), “the pioneer of Pingshuai is the Qigong master from Taiwan, Li Fengshan. This yangsheng/nourishment of life exercise is simple yet holds powerful health-giving properties. Let's explore some of the beneficial effects that practicing Pingshuai daily can have on you:

- ***Boosts your immune system***
- ***Enhances balance***
- ***Increases flexibility in joints and muscles***
- ***Strengthens muscles, joints, and bones***
- ***Improves blood and Qi circulation throughout the body***
- ***Replenishes energy levels***
- ***Induces body relaxation***
- ***Promotes a calm and clear mind***
- ***Sharpens sensory perception***

By nurturing the entire body and nurturing the mind, Pingshuai Gong has the potential to alleviate or mitigate various ailments, including [insomnia](#), constipation, back pain, leg or foot soreness and numbness, arthritis, and even some aspects of cancer.

Scientists from Taiwan conducted an experiment, presented in the USA, in which they observed brain waves during Pingshuai exercises. Their findings revealed a gradual activation of alpha waves, resulting from the combination of stillness and gentle movement inherent in the practice. Entering an alpha state leads to reduced stress, decreased anxiety, alleviated depression, improved memory, and enhanced creative thinking. Alpha waves promote a state of wakeful relaxation and tranquility.”

Another study “The benefits of Shuai Shou Gong (SSG) demonstrated in a Randomised Control Trial (RCT) study of older adults in two communities in Thailand” showed significant improvement in flexibility and gait in the Exercise Group.