



Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face the fixation point. Wrap your MSD-Band around both hands, raising your arms forward, parallel to the ground. Rotate both arms 90° outward, keeping your arms stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



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Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face the fixation point. Wrap your MSD-Band around your hand, raising your arm forward, parallel to the ground. Rotate your arm 90° outward, keeping it stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



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Attach the MSD-Band securely around an overhead external object. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised overhead in front of your body. Your palms facing inward, pull your elbows to your hips, forming a 90° angle with your elbows. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



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Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised parallel to the floor in front of your body. Your palms facing inward, pull your elbows towards your hips, forming a 90° angle. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.