



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. Hold the MSD-Band firmly, your arms raised in front of your body. Your palms facing downward, pull your elbows backwards, forming a 90° angle, while keeping your arms parallel to the floor 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.