

## More exercises on www.msd-band.com



## Shoulders | Deltoideus Arms | Triceps

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 prefered choice. Hold the ends of the MSD-Band firmly in both hands, your fists raised to shoulder height. Extend your arms foreward.

## Shoulders | Deltoideus Arms | Triceps

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the prefered choice. Hold the MSD-Band firmly, your arm lowered. Start with your left hand by your right hip. Pull up diagonally, across your chest.

## Shoulders | Deltoideus Arms | Triceps

Attach the MSD-Band securely around an external object above shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the prefered choice. Hold the MSD-Band firmly, your arm raised forward to shoulder height. Bring your fist next to your hip, keeping your arm stretched during the entire exercise.



MSD-Band is an MSD Europe trademark. www.msd-europe.com <u>Warning</u>: Use MSD-Band only after consulting a trained licensed healthcare professional. Never exercise beyond the point of comfort. Do not use the exerciser in a manner that may cause it to snap towards the head or the eyes. Always examine MSD-Band before use for cuts, small tears or punctures. If you find any flaws, replace immediately. Store MSD-Band away from sharp objects. Remove rings and be aware of sharp fingernails.