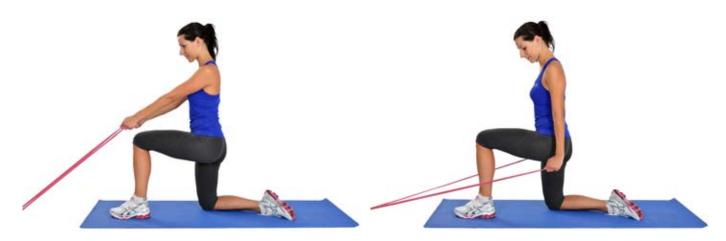


More exercises on www.msd-band.com



Shoulders

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. Kneel in front of the fixation point on an exercise mat, firmly holding the ends of the band in each hand, your arms forming a 45° angle to your torso. Bring your fists next to your hip, keeping your arm stretched during the entire exercise.



Shoulders

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. Kneel in front of the fixation point on an exercise mat, firmly holding the ends of the band in each hand, your arms forming a 45° angle to your torso. Raise your arms 90°, keeping them stretched during the entire exercise.