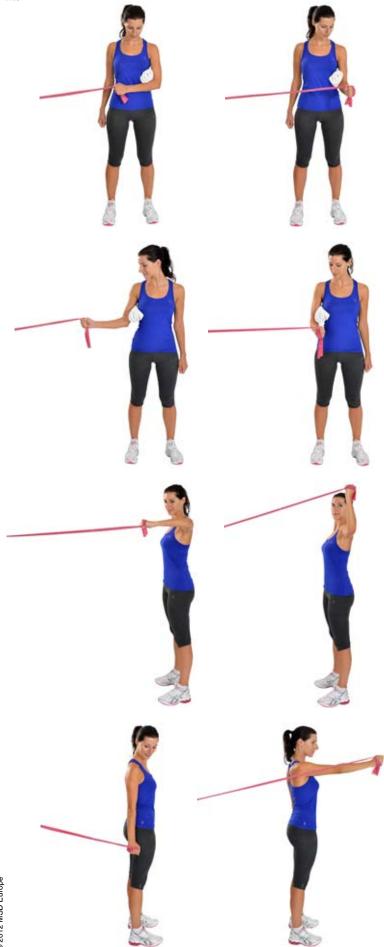


More exercises on www.msd-band.com



Shoulder | Deltoideus

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the prefered choice. Firmly hold the end of the band in your hand, your forearm parallel to the ground and across your stomach. Hold a rolled-up towel between your elbow and your body. Rotate your arm 90° outward.

Shoulder | Deltoideus Chest | Pectoralis

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the prefered choice. Firmly hold the end of the band in your hand, your forearm parallel to the ground, rotated 90° outward. Hold a rolled-up towel between your elbow and your body. Rotate your arm 90° inward.

Shoulder | Deltoideus & Subscapularis

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 MSD-Band firmly, your arm raised parallel to the ground and your elbow in a 90° angle. Rotate your arm 90° upward.

Shoulder | Deltoideus

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the prefered choice. Face away from the fixation point. Firmly hold the end of the band in your hand, your arm straight down your side. Raise your arm forward to shoulder height, keeping it stretched during the entire exercise.

© 2012 MSD Europe



<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.