



Shoulder | Latissimus Dorsi & Teres Major

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 ground. Your palms facing inward, pull your elbows to your hips, forming a 90° angle with your elbows.



Shoulder | Latissimus Dorsi & Teres Major

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 ground. Your palms facing upward, pull your elbows to your hips, forming a 90° angle with your elbows.



Shoulder | Infraspinatus & Teres Minor

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Band firmly in your hands next to your hip. Your elbows make a 90° angle. Maintain that angle while raising your arms until they are parallel to the floor.