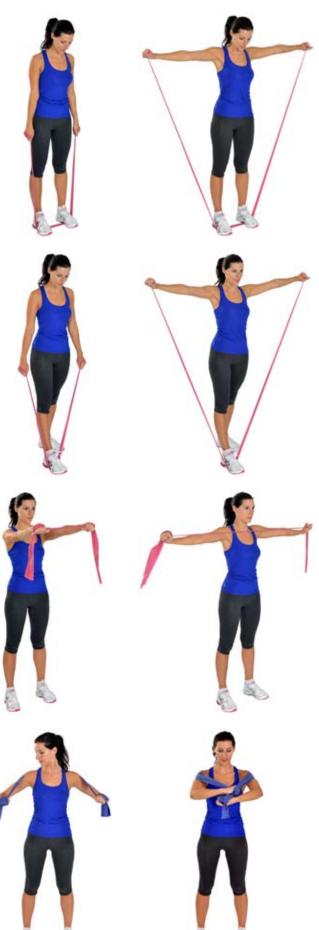


# More exercises on www.msd-band.com



## Shoulder | Deltoideus

Stand on the MSD-Band with both feet, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arms sideways until they are parallel to the ground, your thumbs facing foreward.

#### Shoulder | Deltoideus

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. Raise your arms sideways until they are parallel to the ground, your thumbs facing foreward.

# Shoulder | Deltoideus Arms | Triceps

Hold the ends of the MSD-Band firmly in your hands while stretching your arms in front of you, your palms facing downwards. Rotate your arms  $90^{\circ}$  outwards, keeping them stretched during the entire exercise.

## Shoulder | Deltoideus Arms | Triceps

Hold the ends of the MSD-Band firmly in your hands. The MSD-Band is placed behind your back, over your upper arms. Your arms are in a 45° angle, while your elbows form a 90° angle. Rotate your arms inward, as if you were to hug someone.