

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



## Shoulders | Deltoideus Arms | Triceps

Attach the MSD-Tube 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.



## Shoulder | Latissimus Dorsi & Teres Major

Attach the MSD-Tube 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-Tube 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

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Tube firmly in your hands. Pull one arm backwards, as if you are starting your lawn mower.



MSD-Band is an MSD Europe trademark. www.msd-europe.com Warning: Use MSD-Band Tubing 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 Tubing before use for cuts, small tears or punctures. If you find any flaws, replace immediately. Store MSD-Band Tubing away from sharp objects. Remove rings and be aware of sharp fingernails.