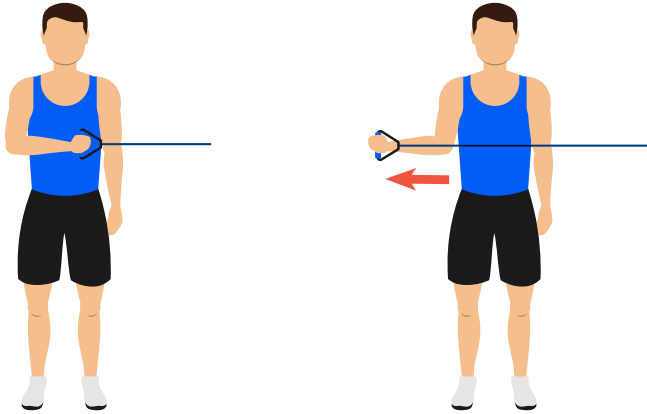


External Rotation



ANCHOR: Mid level, elbow height

START: With the working elbow at your side, arm at a 90 degree angle in front of the body holding the tubing handle.

MOVEMENT: Using your shoulder and keeping the elbow at the side rotate the arm out to create a 90 degree angle to the outside.

TIP: Keep the elbow in contact with the side at all times.

Seated front Raise



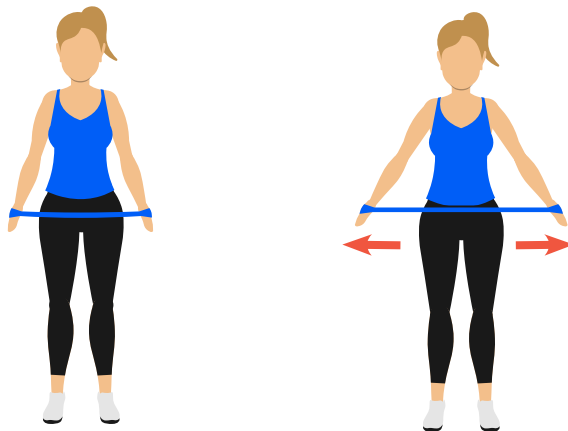
ANCHOR: Tubing under feet/foot

START: Sit tall with feet together, arms at the side, palms facing forward.

MOVEMENT: Using the front of the shoulder, lift the arm forward, up in front of the body with a slight bend in the elbow.

TIP: Try not to shrug the shoulder.

Shoulder Extension



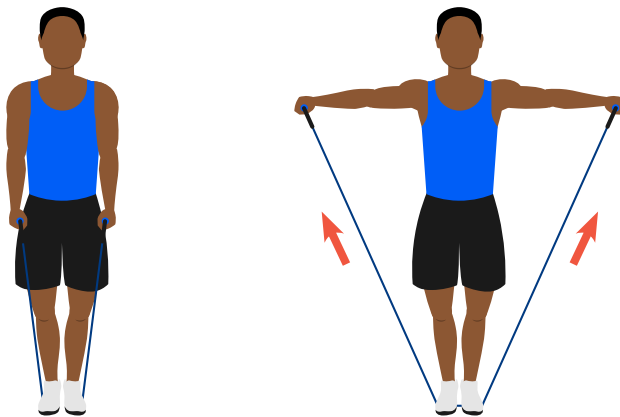
ANCHOR: Hands

START: Wrap the band around the hands with arms down in front, palms facing back.

MOVEMENT: Using your shoulders and arms straight with a slight bend, open the arms to the side until you feel the tension.

TIP: Keep hands relaxed.

Lateral Raise



ANCHOR: Feet/foot

START: Stand with tubing under one or two feet, arms at side with palms facing in.

MOVEMENT: Using your shoulders, lift arms out to side up to shoulder height, keeping a slight bend in the elbow.

TIP: Try not to shrug shoulders.