



Arms | Triceps & Biceps

Wrap your MSD-Band around both hands. Hold your left hand to your chest, your palm facing towards your body. Hold your right hand by your waist. While holding your left hand in place, extend your right arm downward. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



**Shoulder | Deltoideus
 Arms | Triceps**

Wrap your MSD-Band around both hands. Hold your left hand to your chest, your palm facing towards your body. Hold your right hand by your waist. While holding your right hand in place, extend your left arm upward. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



**Shoulder | Deltoideus
 Arms | Triceps**

Attach the MSD-Band securely around an external object near chest height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the loop at chest height, forming 90° angles with your arm across your chest. Pull sideways, keeping your forearm parallel to your torso.



**Shoulder | Deltoideus
 Arms | Triceps**

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 arm raised sideways to shoulder height. Bend your arm, bringing your fist to your shoulder. Extend your arm forward.