



Shoulder | Deltoideus

Stand on the MSD-Band with your back foot, while holding the ends of the MSD-Band firmly in your hands by your shoulders. Raise your arms upward, your thumbs facing backwards.



Shoulder | Latissimus Dorsi & Teres Major

Stand on the MSD-Band, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm backwards to a 45° angle, your thumb facing down.



Shoulder | Deltoideus & Serratus Anterior

Holding the ends of the MSD-Band firmly in your hands, your arms facing forward, your elbows in a 90° angle. Pull both hands 90° outward.



Shoulder | Deltoideus

Stand on the MSD-Band, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm foreward to a 90° angle, your thumb facing up.