



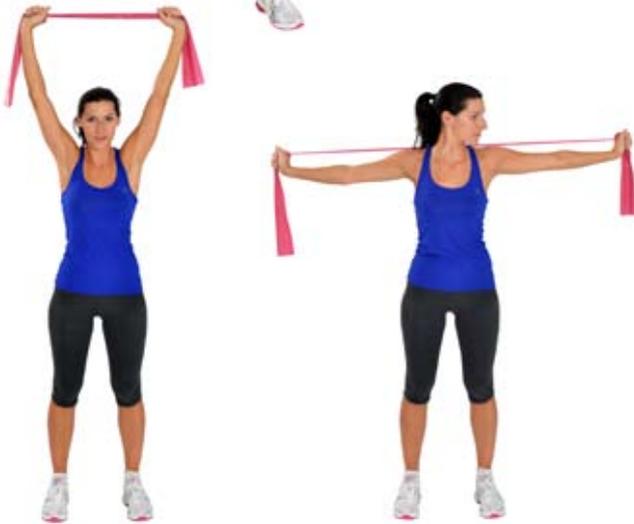
**Shoulder | Deltoideus & Supraspinatus**

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 one arm upward and diagonally over your head, slightly bending your upper body to the side.



**Shoulder | Deltoideus  
 Chest | Pectoralis**

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 arm forward parallel to the ground, your thumbs facing up.



**Shoulder | Latissimus Dorsi & Teres Major  
 Chest | Pectoralis**

Raise your arms overhead, your hands at shoulder width, holding the MSD-Band firmly. Lower your arms until they are parallel to the ground, keeping them stretched during the entire exercise.



**Shoulder | Deltoideus  
 Chest | Pectoralis**

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 arm forward parallel to the ground, your thumbs facing inward.