



Shoulders

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Kneel in front of the fixation point on an exercise mat, firmly holding the ends of the band in each hand, your arms forming a 45° angle to your torso. Bring your fists next to your hip, keeping your arm stretched during the entire exercise.



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