



Shoulder | Deltoideus

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Firmly hold the end of the band in your hand, your forearm parallel to the ground and across your stomach. Hold a rolled-up towel between your elbow and your body. Rotate your arm 90° outward.



**Shoulder | Deltoideus
 Chest | Pectoralis**

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Firmly hold the end of the band in your hand, your forearm parallel to the ground, rotated 90° outward. Hold a rolled-up towel between your elbow and your body. Rotate your arm 90° inward.



Shoulder | Deltoideus & Subscapularis

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 parallel to the ground and your elbow in a 90° angle. Rotate your arm 90° upward.



Shoulder | Deltoideus

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face away from the fixation point. Firmly hold the end of the band in your hand, your arm straight down your side. Raise your arm forward to shoulder height, keeping it stretched during the entire exercise.