



Shoulder | Deltoideus

Stand on the MSD-Band, while holding the end of the MSD-Band firmly in your hand next to your hip. Raise your fist overhead straight upward.



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Stand on the MSD-Band, while holding the end of the MSD-Band firmly in your hand next to your hip. Raise your arm sideways until it is parallel to the floor, your thumb facing up.



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Stand on the MSD-Band, while holding the end of the MSD-Band firmly in your hand next to your hip. Raise your arm sideways until it is parallel to the floor, your thumb facing down.



**Shoulder | Deltoideus
 Arms | Triceps
 Chest | Pectoralis**

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes behind your back and under your armpits. Stretch your arms forward while keeping your hands close to your chest, thumbside facing up.