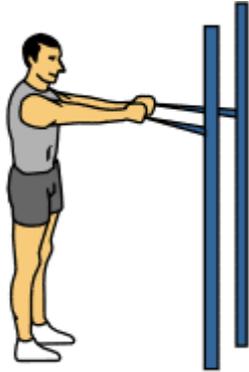


Shoulders (bands)

Retraction



Exercise Description:

Retraction

Classification:

Shoulders (bands)

Instructions:

- 1) Stand facing the bands.
- 2) Start position: Position arms perpendicular to body like the letter “T” with thumbs pointing up and elbows straight.
- 3) Pull arms back by squeezing shoulder blades together.
- 4) Return to start position.
- 5) Remember to keep head in neutral position.

Front Raise with Band



Exercise Description:

Front Raise with Band

Classification:

Shoulders (bands)

Instructions:

- 1) Step onto tubing with feet hip width apart and knees slightly bent.
- 2) Start position: Grasp handles with an overhand grip (palms down) and shoulder width apart. Arms should hang down at sides with elbows slightly bent.

- 3) Raise handles to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Diagonal external rotation with tubing



Exercise Description:

Diagonal external rotation with tubing

Classification:

Shoulders (bands)

Instructions:

1. Grab the band with one hand and step on the other end with the opposite foot.
2. Hold your elbow high and out to the side.
3. Rotate your shoulder girdle so that your hand raises up and out away from your body.
4. Keep your elbow bent at about 105 degrees of angle.
5. Try to focus on just rotating your shoulder and working the rotator cuff muscles.

External rotation with tubing



Exercise Description:

External rotation with tubing

Classification:

Shoulders (bands)

Instructions:

- 1) Secure door strap at approximately waist height or wrap into around the front of your

body and secure with the other hand.

- 2) Stand 2-3 feet away from door strap or attachment point with the working arm facing away from band. Feet should be shoulder width apart with knees slightly bent.
- 3) Start position: Grasp band and flex elbow 90° keeping elbow in at side. Forearm should be rotated inward with fist pointing towards attachment of band.
- 4) Rotate arm outward keeping elbow at 90°. Step away from door to increase resistance if needed.
- 5) Return to start position.
- 6) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

Front raises with fitband



Exercise Description:

Front raises with fitband

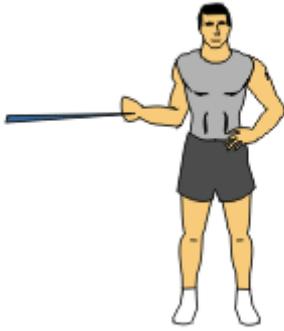
Classification:

Shoulders (bands)

Instructions:

- 1) Step onto tubing with feet hip width apart and knees slightly bent.
- 2) Start position: Grasp handles with a neutral grip (palms facing each other with thumbs facing forward) and shoulder width apart. Arms should hang down at sides with elbows slightly bent.
- 3) Raise handles to front of body to shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Internal rotation with tubing



Exercise Description:

Internal rotation with tubing

Classification:

Shoulders (bands)

Instructions:

- 1) Secure door strap at approximately waist height.
- 2) Stand 2-3 feet away from door strap or attachment point with the working arm facing the band. Feet should be shoulder width apart with knees slightly bent.
- 3) Start position: Grasp band and flex elbow 90° keeping elbow in at side. Forearm should be rotated outward with fist pointing towards attachment of band.
- 4) Rotate arm inward keeping elbow at 90°. Step away from door to increase resistance if needed.
- 5) Return to start position.
- 6) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

External rotation with tubing



Exercise Description:

External rotation with tubing

Classification:

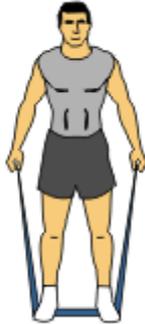
Shoulders (bands)

Instructions:

1. Grab the band with one hand and step on the other end with the opposite foot.
2. Hold your elbow high and out to the side.
3. Rotate your shoulder girdle so that your hand raises up and out away from your body.

4. Keep your elbow bent at about 90 degrees of angle.
5. Try to focus on just rotating your shoulder and working the rotator cuff muscles.

Lateral raise with tubing



Exercise Description:

Lateral raise with tubing

Classification:

Shoulders (bands)

Instructions:

- 1) Step onto tubing with feet hip width apart and knees slightly bent.
- 2) Start position: Grasp handles with a neutral grip (palms facing each other). Arms should hang down to sides with elbows slightly bent.
- 3) Raise handles to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.

Standing Shoulder Press with Fit Bands



Exercise Description:

Standing Shoulder Press with Fit Bands

Classification:

Shoulders (bands)

Instructions:

1. Start by placing both feet on the band and hold each end in both hands at shoulder level.
2. Starting with your elbows at 90 degrees press both arms straight up until your elbows are extended.
3. Return to the starting position and repeat for the prescribed repetitions. Keep your abdominals tight throughout the movement and avoid arching your low back.

Standing Shoulder Press with Tubing



Exercise Description:

Standing Shoulder Press with Tubing

Classification:

Shoulders (bands)

Instructions:

1. Start by placing both feet on the band and hold each end in both hands at shoulder level.
2. Starting with your elbows at 90 degrees press both arms straight up until your elbows are extended.
3. Return to the starting position and repeat for the prescribed repetitions. Keep your abdominals tight throughout the movement and avoid arching your low back.

Reverse Flye with tubing



Exercise Description:

Reverse Flye with tubing

Classification:

Shoulders (bands)

Instructions:

- 1) Secure door strap at chest height.
- 2) Stand shoulder width apart, knees slightly bent with one foot in front of the other (staggered stance).
- 3) Start position: Extend arms out in front at shoulder height and grasp each handle with a neutral grip (palms facing each other).
- 4) With elbows slightly bent pull arms back by squeezing shoulder blades together.
- 5) Return to start position.

Standing Shoulder Press with tubing



Exercise Description:

Standing Shoulder Press with tubing

Classification:

Shoulders (bands)

Instructions:

- 1) Step onto tubing with feet hip width apart and knees slightly bent.
- 2) Start position: Grasp handles with overhand grip (palms down) and shoulder width apart. Raise to ear level with tubing in front of forearms (now palms are facing forward).
- 3) Press hands up above head keeping the wrists over the elbows and arms moving parallel to the body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Upright Row with band



Exercise Description:

Upright Row with band

Classification:

Shoulders (bands)

Instructions:

1. Stand on a band with your feet and hold the other end of the band with your hands.
2. Bring your elbows up towards the ceiling and keep your hands close to your chest.
3. Return to the starting position and repeat for the prescribed repetitions.

Back Clip



Exercise Description:

Back Clip

Classification:

Shoulders (bands)

Instructions:

1. Place the resistance bars behind your back and keep your head straight.
2. Lock your arms behind you and open the resistance bars as wide as you possibly can, hold for 5 to 10 seconds and then slowly close them.
3. Inhale when opening the resistance bars and exhale when closing them.
4. Place the resistance bars at different angles to target different muscles. Extend your arms out further to increase resistance.

Seated Band Front Raise



Exercise Description:

Seated Band Front Raise

Classification:

Shoulders (bands)

Instructions:

1. Sit on a bench and secure the band underneath the bench or your feet.
2. Keep your arms straight and raise them out in front of you until your hands reach shoulder height.
3. Return to the starting position and repeat for the recommended repetitions

Seated Front Raises on ball



Exercise Description:

Seated Front Raises on ball

Classification:

Shoulders (bands)

Instructions:

1. Sit on a ball and secure the band underneath the ball or your feet.
2. Keep your arms straight and raise them out in front of you until your hands reach shoulder height.
3. Return to the starting position and repeat for the recommended repetitions

Seated Lateral Raise with band



Exercise Description:

Seated Lateral Raise with band

Classification:

Shoulders (bands)

Instructions:

1. Sit on a bench or chair with the band secured underneath you.
2. Keep your arms semi straight and raise them out and away from your body until your arms reach shoulder height.
3. Return to the starting position and repeat.

Seated on ball Lateral Raises



Exercise Description:

Seated on ball Lateral Raises

Classification:

Shoulders (bands)

Instructions:

1. Sit on a ball with the band secured underneath you or your feet.
2. Keep your arms semi straight and raise them out and away from your body until your arms reach shoulder height.
3. Return to the starting position and repeat.

Seated Band Shoulder Press



Exercise Description:

Seated Band Shoulder Press

Classification:

Shoulders (bands)

Instructions:

1. Start by sitting on a bench with the band secured under your feet. Hold on to handles and bring them to shoulder level.
2. Press your arms up over your head until your arms are extended.
3. Return to the starting position and repeat.

Seated Band Shoulder Press on Ball



Exercise Description:

Seated Band Shoulder Press on Ball

Classification:

Shoulders (bands)

Instructions:

1. Start by sitting on a resistance ball with the band secured under your feet. Hold on to handles and bring them to shoulder level.
2. Press your arms up over your head until your arms are extended.
3. Return to the starting position and repeat.

Seated Upright Row with Band



Exercise Description:

Seated Upright Row with Band

Classification:

Shoulders (bands)

Instructions:

1. Start by sitting on a bench with the band secured under your feet or the bench.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.

Seated Upright Row on Ball with Band



Exercise Description:

Seated Upright Row on Ball with Band

Classification:

Shoulders (bands)

Instructions:

1. Start by sitting on a ball with the band secured under your feet or the ball.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.