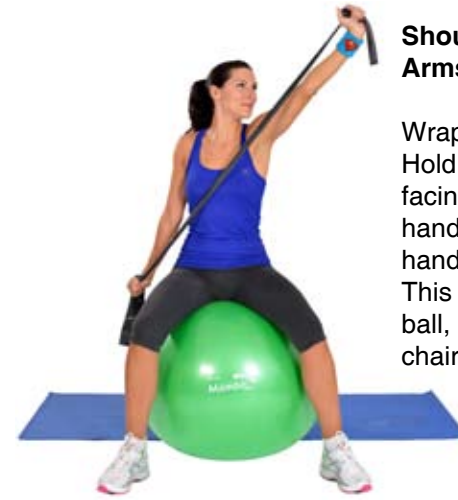




### Arms | Triceps & Biceps

Wrap your MSD-Band around both hands. Hold your left hand to your chest, your palm facing towards your body. Hold your right hand by your waist. While holding your left hand in place, extend your right arm downward. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulder | Deltoideus Arms | Triceps

Wrap your MSD-Band around both hands. Hold your left hand to your chest, your palm facing towards your body. Hold your right hand by your waist. While holding your right hand in place, extend your left arm upward. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulder | Deltoideus Arms | Triceps

Attach the MSD-Band securely around an external object near chest height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the loop at chest height, forming 90° angles with your arm across your chest. Pull sideways, keeping your forearm parallel to your torso.



### Shoulder | Deltoideus Arms | Triceps

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 sideways to shoulder height. Bend your arm, bringing your fist to your shoulder. Extend your arm forward.



#### Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Stretch your arms upwards, your palms facing forward.



#### Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Raise your arms forward while keeping them stretched.



#### Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Raise your arms sideways while keeping them stretched.



#### Shoulders | Deltoideus Arms | Triceps

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.



**Shoulders | Deltoideus**  
**Arms | Triceps**

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 ends of the MSD-Band firmly in both hands, your fists raised to shoulder height. Extend your arms forward.



**Shoulders | Deltoideus**  
**Arms | Triceps**

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. Hold the MSD-Band firmly, your arm lowered. Start with your left hand by your right hip. Pull up diagonally, across your chest.



**Shoulders | Deltoideus**  
**Arms | Triceps**

Attach the MSD-Band securely around an external object above 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 forward to shoulder height. Bring your fist next to your hip, keeping your arm stretched during the entire exercise.



### 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.



### 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. Raise your arms 90°, keeping them stretched during the entire exercise.





### 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.



### Shoulder | Latissimus Dorsi & Teres Major

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 arms raised parallel to the ground. Your palms facing inward, pull your elbows to your hips, forming a 90° angle with your elbows.



### Shoulder | Latissimus Dorsi & Teres Major

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 arms raised parallel to the ground. Your palms facing upward, pull your elbows to your hips, forming a 90° angle with your elbows.



### Shoulder | Infraspinatus & Teres Minor

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. Your elbows make a 90° angle. Maintain that angle while raising your arms until they are parallel to the floor.



### Shoulders | Serratus Anterior & Deltoideus

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. Face the fixation point. Wrap your MSD-Band around both hands, raising your arms forward, parallel to the ground. Rotate both arms 90° outward, keeping your arms stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

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. Face the fixation point. Wrap your MSD-Band around your hand, raising your arm forward, parallel to the ground. Rotate your arm 90° outward, keeping it stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an overhead external object. 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 arms raised overhead in front of your body. Your palms facing inward, pull your elbows to your hips, forming a 90° angle with your elbows. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

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 arms raised parallel to the floor in front of your body. Your palms facing inward, pull your elbows towards your hips, forming a 90° angle. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

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 door anchor is the preferred choice. Hold the MSD-Band firmly, your arms raised in front of your body. Your palms facing downward, pull your elbows backwards, forming a 90° angle, while keeping your arms parallel to the floor during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.





### 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.



### 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 arm sideways until it is parallel to the floor, your thumb facing up.



### 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 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.



#### Shoulder | Deltoideus

Stand on the MSD-Band with your back foot, while holding the ends of the MSD-Band firmly in your hands by your shoulders. Raise your arms upward, your thumbs facing backwards.



#### Shoulder | Latissimus Dorsi & Teres Major

Stand on the MSD-Band, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm backwards to a 45° angle, your thumb facing down.



#### Shoulder | Deltoideus & Serratus Anterior

Holding the ends of the MSD-Band firmly in your hands, your arms facing forward, your elbows in a 90° angle. Pull both hands 90° outward.



#### Shoulder | Deltoideus

Stand on the MSD-Band, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm foreward to a 90° angle, your thumb facing up.



### 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.



### Shoulder | Deltoideus

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 your arms sideways until they are parallel to the ground, your thumbs facing forward.



### Shoulder | Deltoideus

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 arms sideways until they are parallel to the ground, your thumbs facing forward.



### Shoulder | Deltoideus Arms | Triceps

Hold the ends of the MSD-Band firmly in your hands while stretching your arms in front of you, your palms facing downwards. Rotate your arms 90° outwards, keeping them stretched during the entire exercise.



### Shoulder | Deltoideus Arms | Triceps

Hold the ends of the MSD-Band firmly in your hands. The MSD-Band is placed behind your back, over your upper arms. Your arms are in a 45° angle, while your elbows form a 90° angle. Rotate your arms inward, as if you were to hug someone.