

Standing Lateral Raise



Anchor: Feet/foot

Start: Stand with tubing under one or two feet, arms at side with palms facing in.

Movement: Using your shoulders, lift arms out to side up to shoulder height, keeping a slight bend in the elbow.

Tip: Try not to shrug shoulders.

Standing Anterior Raise



Anchor: Tubing under feet/foot

Start: Stand with feet together, arms at the side, palms facing forward.

Movement: Using the front of the shoulder, lift the arms forward, up in front of the body with a slight bend in the elbow.

Tip: Try not to shrug the shoulders.

Shoulder Press



Anchor: Feet/foot

Start: Stand on tubing with one or two feet, tubing behind the body, palms facing forward with arms at a 90 degree angle.

Movement: Press arms up to the ceiling using your shoulders.

Tip: Try not to sway your back.

Upright Row



Anchor: Feet/foot

Start: Stand with feet hip-width apart, arms straight down, palms in front of and facing the thighs.

Movement: Using your shoulders and keeping the hands in front of the body, lift the elbows up and out until parallel to the floor.

Tip: Be sure not to shrug your shoulders.

Single Arm Lateral Raise



Anchor: Feet

Start: Stand with tubing under the feet, arm at side with palms facing in.

Movement: Using your shoulder, lift arm out to side up to shoulder height keeping a slight bend in the elbow.

Tip: Keep the body tall without leaning to the side.

Seated Lateral Raise



Anchor: Feet/foot

Start: Sit in a chair or bench with tubing under 1 or 2 feet, arms at side with palms facing in.

Movement: Using your shoulders, lift arms out to side up to shoulder height keeping a slight bend in the elbow.

Tip: Sit tall and try not to shrug shoulders.

Seated Anterior Raise



Anchor: Tubing under feet/foot

Start: Sit tall with feet together, arms at the side, palms facing forward.

Movement: Using the front of the shoulder, lift the arm forward, up in front of the body with a slight bend in the elbow.

Tip: Try not to shrug the shoulder.

Low Shoulder Abduction Band



Anchor: Hands

Start: Wrap the band around the hands with arms down in front, palms facing back.

Movement: Using your shoulders and arms straight with a slight bend, open the arms to the side until you feel the tension.

Tip: Keep hands relaxed.

High Shoulder Abduction Band



Anchor: Hands

Start: Wrap the band around the hands with arms up in front, palms facing down.

Movement: Lift your arms until parallel to floor. Using your back of the shoulders and with arms straight with a slight bend, open the arms to the side until you feel the tension.

Tip: Keep the arms parallel to the floor.

Single Arm Abduction



Anchor: Hands

Start: Wrap the band around the hands with both arms up in front, palms facing down.

Movement: Using the back of one shoulder and arm straight with a slight bend, open one arm to the side until you feel the tension.

Tip: The stabilizing arm will be working as well.

Arm Rotations



Anchor: None, body weight

Start: Stand with feet shoulder width apart, arms out to the side at shoulder height, palms open and facing down.

Movement: Using the shoulders make small circles with the arms.

Tip: Try for 10 in each direction working up to 30.

Single Arm External Shoulder Rotation



Anchor: Mid level, elbow height

Start: With the working elbow at your side, arm at a 90 degree angle in front of the body holding the tubing handle.

Movement: Using your shoulder and keeping the elbow at the side rotate the arm out to create a 90 degree angle to the outside.

Tip. Keep the elbow in contact with the side at all times.

Single Arm Internal Shoulder Rotation



Anchor: Mid level, elbow height

Start: With the working elbow at your side, arm at a 90 degree angle out to the side, hold the tubing handle.

Movement: Using your shoulder and keeping the elbow at your side, rotate the arm in to create a 90 degree angle to the inside.

Tip: Keep the elbow in contact with the side at all times.

Kneeling Rear Delt High Row



Anchor: High, top of door

Start: Kneel on one leg, arms up straight in line with the tubing, palms facing down.

Movement: Using the back of the shoulder, pull elbows back in line with the tubing, creating a 90 degree angle.

Tip: Try not to shrug your shoulders.

Standing Rear Delt Parallel Row



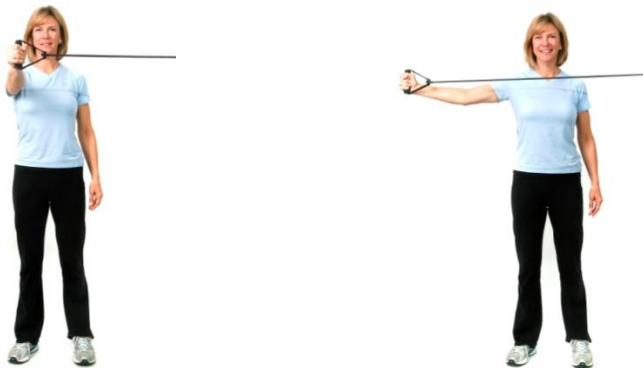
Anchor: Mid level, chest height

Start: Stand with arms up straight in line with the tubing, palms facing down.

Movement: Using the back of the shoulder, pull elbows straight back in line with the tubing, creating a 90 degree angle at elbows.

Tip: Try not to shrug your shoulders.

Single Arm Rear Delt Fly



Anchor: Mid level, chest height

Start: Stand perpendicular to the door, arm out straight with the hand facing the door and in line with the anchor.

Movement: Using the back of the shoulder, pull the arm open keeping the arm straight but with a slight bend until it is in line with the body.

Tip: Keep your abs tight for stabilization.

Rear Delt Fly



Anchor: Mid level, chest height

Start: Stand facing the door, arms out straight with the palms facing each other.

Movement: Using the back of the shoulders, open the arms wide until in line with the body.

Tip: Try to keep the wrist in neutral position.