

## 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



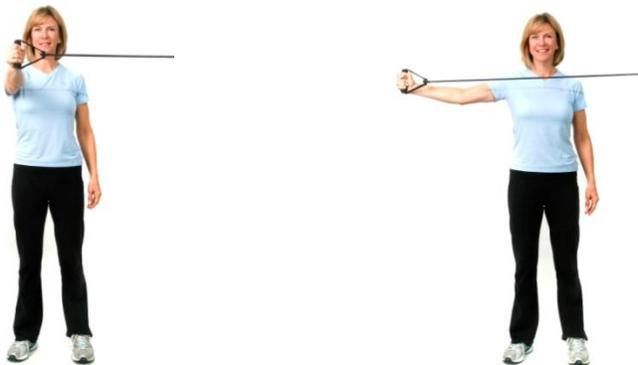
**Anchor:** Mid level, chest height

**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.