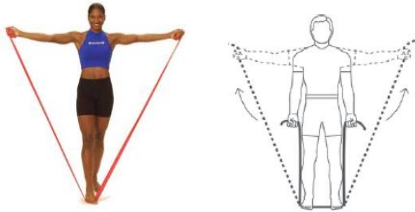


Shoulder | Lateral Raise

The Lateral Raise strengthens the middle portion of the deltoid muscle.



Instructions:

Stand on the middle of the band. Grasp the ends of the band. Lift the band upward, keeping your elbows straight and thumbs up (palms forward). Stop at shoulder level. Hold and slowly return.
VARIATION: Lift arms completely overhead for full range of motion.
TIP: Keep your shoulder blades down; avoid shrugging your shoulders. Keep your back straight.

Shoulder | Front Raise

The Front Raise (Shoulder Flexion) targets the front of the shoulder and anterior deltoid.

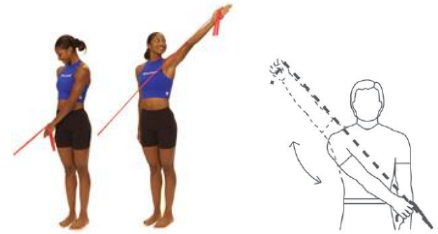


Instructions:

Stand on the middle of the band under your feet. Grasp the ends of the band. Lift upward, keeping your elbows straight and thumbs up. Stop at shoulder level. Hold and slowly return.
VARIATION: Lift arms completely overhead for full range of motion.
TIP: Keep your shoulder blades down; avoid shrugging your shoulders. Keep your back straight.

Shoulder | Diagonal Flexion

The diagonal pattern strengthens the entire shoulder region in multiple planes of movement. This exercise strengthens the back part of the shoulder.

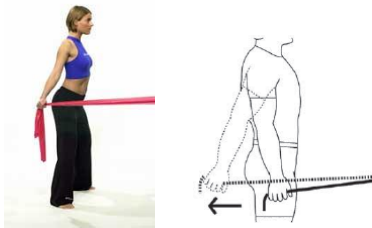


Instructions:

Begin with one end of the band secured below waist level. Grasp the end the band with your elbow straight, with your hand at the opposite hip. Pull the band upward and away from your body. Hold & slowly return. Keep your back straight and your abdominals tight. Follow the motion of your hand with your eyes

Shoulder | Extension

Strengthens the posterior shoulder, but can also be a great exercise for core stability.

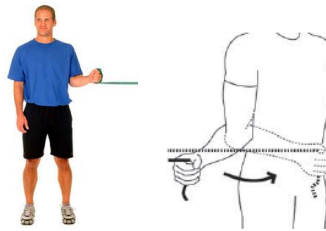


Instructions:

Securely attach one end of the band in front of you. Begin in power position with knees & hips slightly bent and abdominals tight. Keeping your elbow straight, pull the band backward. Hold & slowly return. Avoid rotating or bending the trunk.

Shoulder | Internal Rotation

Strengthens the anterior shoulder and rotator cuff.

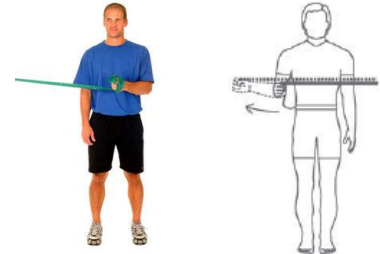


Instructions:

Begin attaching elastic to secure object at waist level. Grasp the other end of the band with slight tension. Start with your elbow by your side, in approximately 45° of external rotation and pull the band inward, keeping your elbow bent at 90°. Hold and slowly return.

Shoulder | External Rotation

Strengthens the posterior rotator cuff.



Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Start with your elbow by your side and pull the band outward, keeping your elbow bent at 90°. Hold and slowly return.

Arms | Elbow Flexion

Strengthens the biceps and elbow.

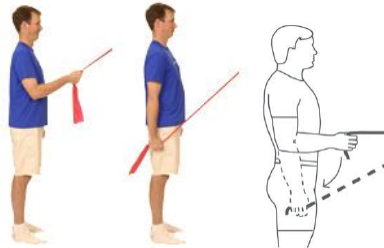


Instructions:

Begin with one end of the band stabilized under your foot. Grasp the band with your elbow by your side, and tension on the band. Lift the band upward, keeping your wrist straight and elbow by your side. Hold and slowly return.

Arms | Elbow Extension

Strengthens the triceps muscle.



Instructions:

Securely attach one end of the band (ideally at waist height). Grasp the end of the band and take up the slack. Keep your elbow by your side as you extend your elbow. Hold and slowly return. Keep your back straight.

Arms | Wrist Flexion / Extension

Strengthens the inside (flexion) and outside (extension) of the elbow and wrist flexors.



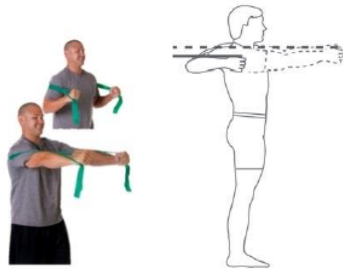
Instructions:

Sit and secure the ends of the band under your feet, creating a loop in the middle. With your elbows bent, stabilize your forearm on your thigh. Grasp the middle loop of the band with palm UP (for flexion) or palm DOWN (for extension). Bend your wrist upward, hold at the top and slowly return.
TIP: Keep your elbow in one position during the exercise; don't use your elbow to complete the exercise.



Chest | Chest Press

Strengthens shoulder, chest and pectoral muscles.

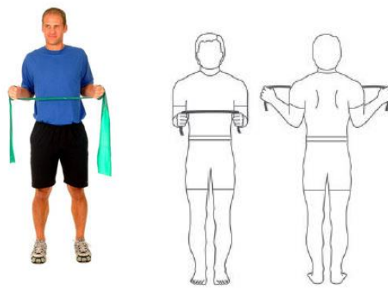


Instructions:

Attach elastic to secure object at shoulder level (image on right). Sit or stand as shown. Hold elastic in hands, arms out from side, elbows bent, as shown. Push forward, straightening elbows. Slowly return to start position and repeat.

Upper Back | Scapular Retraction

Strengthens the scapular stabilizers.

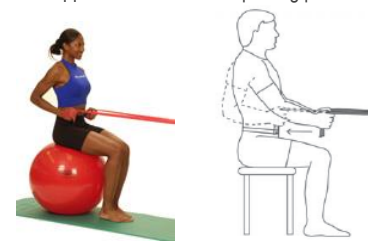


Instructions:

Grasp the band between your hands with slight tension. Keep our elbows bent 90° and pinch your shoulder blades together. Hold & slowly return.

Upper Back | Seated Row

Strengthens the posterior shoulder, scapular muscles, and upper back. Great for improving posture.

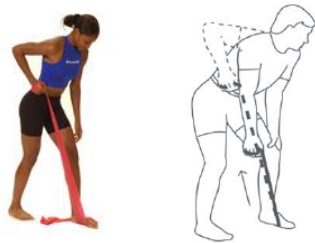


Instructions:

Securely attach the middle of a band at waist height. Sit in chair with back unsupported, maintaining proper posture. Grasp the ends of the bands and pull the bands toward your hips. Hold and slowly return. Keep your back straight. VARIATION: Perform on exercise ball.

Upper Back | Bent Over Row

This exercise targets the back of the shoulder and upper back.

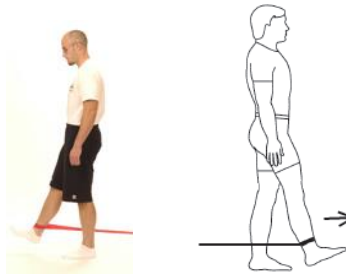


Instructions:

Begin with one leg slightly in front of the other. Stand on the end of the band with the front foot. Bend forward at the hips, keeping your back straight. Grasp end of band with elbow straight. Pull band upward by bending elbows, bringing your hand to your waist. Hold and slowly return.

Hips | Hip Flexion

This exercise targets the hip flexors (iliopsoas).

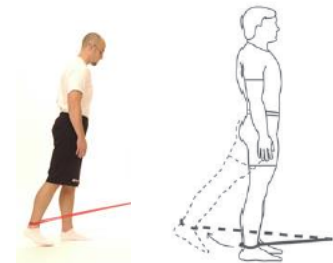


Instructions:

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Face away from the attachment, keep your knees straight and extend leg forward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

Hips | Hip Extension

This exercise targets the hip extensors (gluteus maximus).



Instructions:

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand facing the attachment. Keep your knees straight and extend leg backward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

Hips | Hip Abduction

This closed-chain exercise targets the hip abductors on both legs.

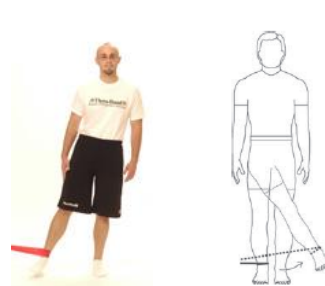


Instructions:

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand with side closest to attachment with non-exercising leg. Keep your knees straight and extend leg outward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

Hips | Hip Adduction

This closed-chain exercise targets the hip adductors (groin).



Instructions:

Loop the band around your ankle, and stabilize the other end of the band to a stationary object near the floor. Stand with band to side closest to exercising leg. Keep your knees straight and move leg inward. Keep your back straight, and avoid leaning or bending over. Hold and slowly return.

Knees | Lunge

This closed-chain exercise strengthens the entire leg, as well as hip extensors.



Instructions:

Stand with one foot on the middle of the band. Grasp ends of bands and loop around your hands at chest level with elbows bent. Place other leg behind with knee slightly bent. Keeping your trunk upright, bend your front knee, lowering the body straight down, then return to the upright position against the band. TIPS: Keep your back straight; avoid rounding your back.