



## ELASTIC BAND SHOULDER EXTENSION

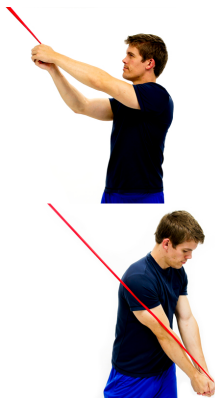
Tie the end of an elastic band in a knot and place it at a high position on the opposite side of a door and shut the door on it.

Hold the ends of the band with your elbows straight and then pull the band downwards towards the side of your body. Squeeze your shoulder blade down during this motion.

Return to starting position and repeat.

Video # XVSKKJT7V

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



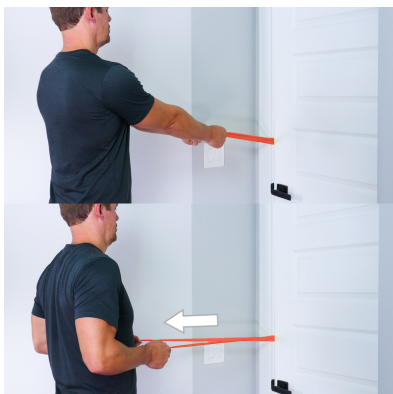
## ELASTIC BAND CHOPS - HIGH TO LOW

Start by holding an elastic band with both hands above your shoulder. Next, pull downward and across your body towards the opposite side.

Your trunk and hips should rotate while performing.

Video # XV2XSC4LE

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## ELASTIC BAND ROWS

Tie the middle section of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it.

Hold the elastic band with both hands and then pull the bands back as you allow your elbows to bend near the side of your body. Squeeze your shoulder blades down and together.

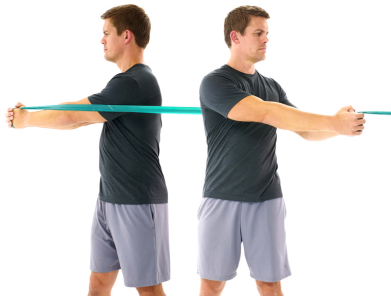
Return to starting position and repeat.

Video # XVQU48K8C

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week

### ELASTIC BAND STANDING TRUNK ROTATION

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



Hold an elastic band with your arms out in front of you while in the standing position.

Turn to the side as you rotate your trunk and hips. Your arms should be extended and in front of your chest the entire time.

The elastic band should be anchored to the side of your body.

Video # XVVW9GBMZ

### ELASTIC BAND CHOPS - LOW TO HIGH

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



Start by holding an elastic band with both hands below your waist. Next, lift up and across your body towards the opposite side.

Your trunk and hips should rotate while performing.

Video # XVUSNVTBD