

**ELASTIC BAND SHOULDER EXTENSION**

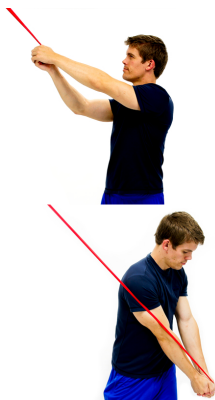
Tie the end of an elastic band in a knot and place it at a high position on the opposite side of a door and shut the door on it.

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 and retract it 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 SHOULDER ADDUCTION**

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

Stand to the side of the door and hold the other end of the elastic band up and out to the side as shown. Then, move your arm down and towards the side of your body. Return your arm to starting position and repeat.

Maintain your elbow straight and the palm of your hand towards the side of your body the entire time.

Video # XVGADKMSW

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



### ELASTIC BAND ROWS

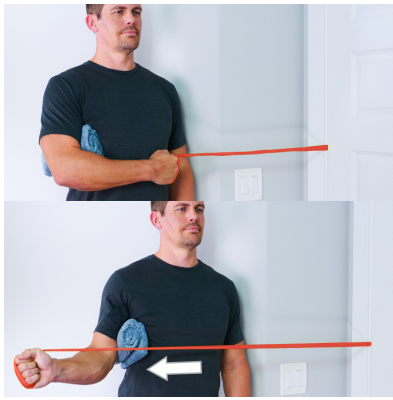
Tie the middle section of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it.

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 SHOULDER EXTERNAL ROTATION - ER

Tie the end 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.

Place a small rolled up towel between your arm and the side of your body while pressing it against your body.

Hold the other end of the elastic band with your hand and bend your elbow to 90 degrees. Position your shoulder so that it is rotated inward towards your stomach. Next, pull the band away from your stomach as you rotate your shoulder outward. Allow your shoulder to relax as you rotate your shoulder back to starting position with your hand near your stomach. Repeat.

Video # XVYD6J3KR

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



### ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

Tie the end 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.

Place a small rolled up towel between your arm and the side of your body while pressing it against your body.

Hold the other end of the elastic band with your hand and bend your elbow to 90 degrees. Position your shoulder so that it is rotated out to the side as shown. Next, pull the band towards your stomach as you rotate your shoulder inward. Allow your shoulder to relax as you rotate your shoulder back to starting position with your hand out to the side again and repeat.

Video # XV257PF2Q

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



### ELASTIC BAND SHOULDER FLEXION

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

Stand with your back towards the door and hold the end of the band while your elbow is fully straight. Pull the band forward and upwards in front of your body.

Return to starting position and repeat.

Video # XVT8GZRJL

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



### ELASTIC BAND SHOULDER ABDUCTION

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

Stand to the side of the door and hold the other end of the elastic band at your side. Then, move your arm up and to the side. Lower back down and repeat.

Maintain your elbow straight and your thumb in the "up" position the entire time.

Video # XVW5LV9WX

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



### **ELASTIC BAND CHOPS - LOW TO HIGH**

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

<b>Repeat</b>	10 Times
<b>Complete</b>	2 Sets
<b>Perform</b>	3 Times a Week