



Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Stretch your arms upwards, your palms facing forward.



Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Raise your arms forward while keeping them stretched.



Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Raise your arms sideways while keeping them stretched.



**Shoulders | Deltoideus
 Arms | Triceps**

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes behind your back and under your armpits. Stretch your arms forward while keeping your hands close to your chest, thumbside facing up.