



**Shoulders | Deltoideus
 Arms | Triceps**

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the ends of the MSD-Band firmly in both hands, your fists raised to shoulder height. Extend your arms forward.



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Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm lowered. Start with your left hand by your right hip. Pull up diagonally, across your chest.



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Attach the MSD-Band securely around an external object above shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm raised forward to shoulder height. Bring your fist next to your hip, keeping your arm stretched during the entire exercise.