



Shoulder | Deltoideus

Stand on the MSD-Band with both feet, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arms sideways until they are parallel to the ground, your thumbs facing forward.



Shoulder | Deltoideus

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arms sideways until they are parallel to the ground, your thumbs facing forward.



**Shoulder | Deltoideus
 Arms | Triceps**

Hold the ends of the MSD-Band firmly in your hands while stretching your arms in front of you, your palms facing downwards. Rotate your arms 90° outwards, keeping them stretched during the entire exercise.



**Shoulder | Deltoideus
 Arms | Triceps**

Hold the ends of the MSD-Band firmly in your hands. The MSD-Band is placed behind your back, over your upper arms. Your arms are in a 45° angle, while your elbows form a 90° angle. Rotate your arms inward, as if you were to hug someone.