

Tubing



**Shoulders | Deltoideus
 Arms | Triceps**

Attach the MSD-Tube 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.



Shoulder | Latissimus Dorsi & Teres Major

Attach the MSD-Tube 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 MSD-Tube firmly, your arms raised parallel to the ground. Your palms facing upward, pull your elbows to your hips, forming a 90° angle with your elbows.



Shoulder

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Tube firmly in your hands. Pull one arm backwards, as if you are starting your lawn mower.