

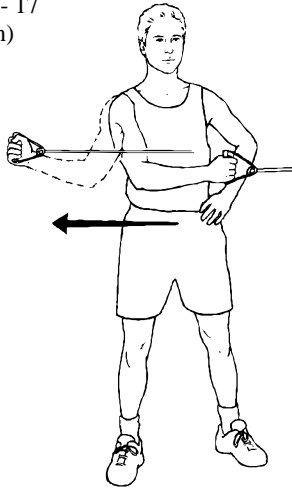


SHOULDER / UPPER BACK - 17
Rotation: External (Single Arm)

Side toward anchor in shoulder width stance with elbow bent to 90°, arm across mid-section. Thumb up, pull arm away from body, keeping elbow bent.

Repeat 15 times per set.
Repeat with other arm.
Do 2 sets per session.
Do 5 sessions per week.

Anchor Height: Waist

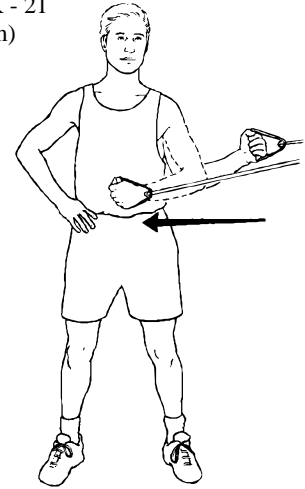


SHOULDER / UPPER BACK - 21
Rotation: Internal (Single Arm)

Side toward anchor in shoulder width stance with elbow bent to 90°, forearm away from body. Thumb up, pull arm across body keeping elbow bent.

Repeat 15 times per set.
Repeat with other arm.
Do 2 sets per session.
Do 5 sessions per week.

Anchor Height: Waist

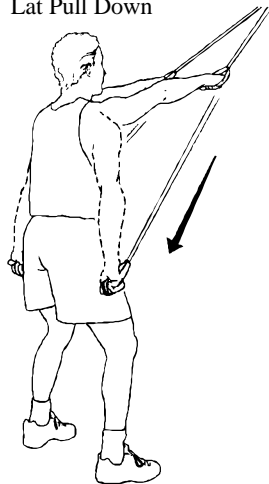


SHOULDER / UPPER BACK - 4 Lat Pull Down

Face anchor with knees slightly flexed. Palms down, pull arms down to sides.

Repeat 15 times per set.
Do 2 sets per session.
Do 5 sessions per week.

Anchor Height: Over Head

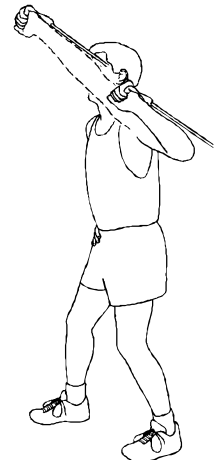


CHEST - 5 Press: Incline - Thumb In (Single Arm)

Face away from anchor in stride stance, leg forward opposite exercising arm. Thumb in, press arm forward and up.

Repeat 15 times per set.
Repeat with other arm.
Do 2 sets per session.
Do 5 sessions per week.

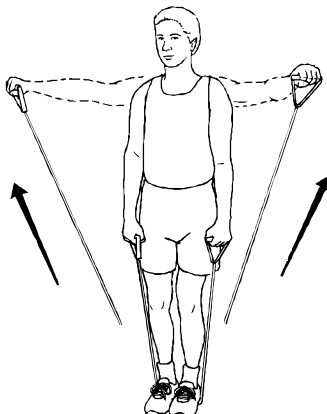
Anchor Height: Knee



SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

Repeat 10 times per set.
Do 2 sets per session.
Do 5 sessions per week.



SHOULDER / UPPER BACK - 9 Raise: Forward

Anchor tubing under feet in narrow stance. Palms down, raise arms in front to parallel.

Repeat 15 times per set.
Do 2 sets per session.
Do 5 sessions per week.

