



Flat Palm External Rotation 3.

1. Place band around your hands leaving thumbs free. Stand with shoulders down and elbows at your sides. Squeeze shoulder blades together.

As you exhale, pull hands away from each other. Slowly release as you inhale. Maintain shoulder blade squeeze and elbows in contact with torso throughout.

Repeat ____ times. Alter size of loop and/or color of the band to change resistance.



Biceps/Triceps

2. Start as in picture #1 with band around your hands leaving thumbs free. Stand with shoulders down and elbows at your sides. Squeeze shoulder blades together.

As you exhale, simultaneously bend one elbow and straighten the other against the resistance of the band. Slowly release as you inhale. Alternate arms with each repetition.

Repeat ____ times. Alter size of loop and/or color of the band to change resistance.

Posterior Deltoid

3. Stand with feet hip width apart, hips and knees bent and spine neutral. Hold band in both hands behind you. Keep elbows straight and chest open with shoulders down. As you exhale, pull hands apart, squeeze shoulder blades down and back, and extend shoulders. Slowly release as you inhale. Repeat ____ times.

580 Market Street, Suite 200
 San Francisco, CA 94104
 P: 415-788-2100 F: 415-788-2102