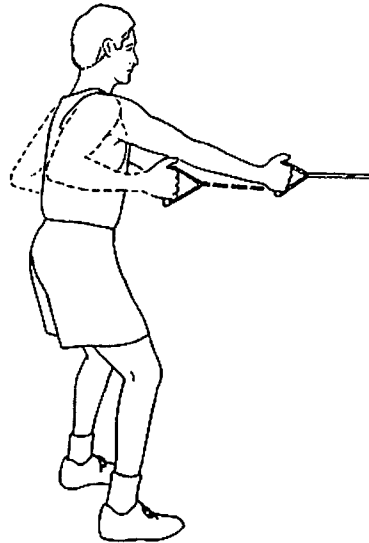


MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per week.

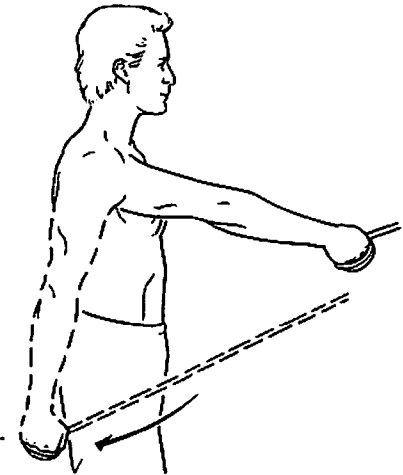
Anchor Height: Waist



SHOULDER - 45 Strengthening: Resisted Extension

Hold tubing in right hand, arm forward. Pull arm back, elbow straight.

Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.

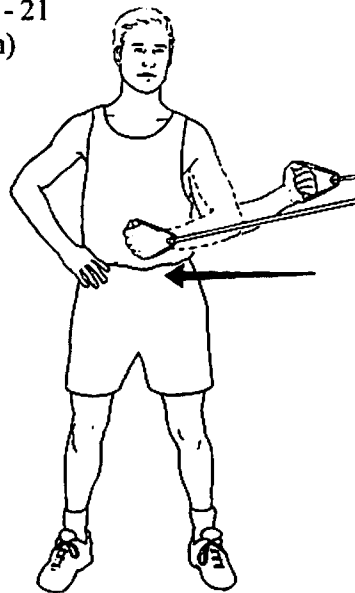


SHOULDER / UPPER BACK - 21
Rotation: Internal (Single Arm)

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 30 times per set.
Repeat with other arm.
Do 1 sets per session.
Do 2 sessions per week.

Anchor Height: Waist



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 30 times per set.
Repeat with other arm.
Do 1 sets per session.
Do 2 sessions per week.

Anchor Height: Waist

