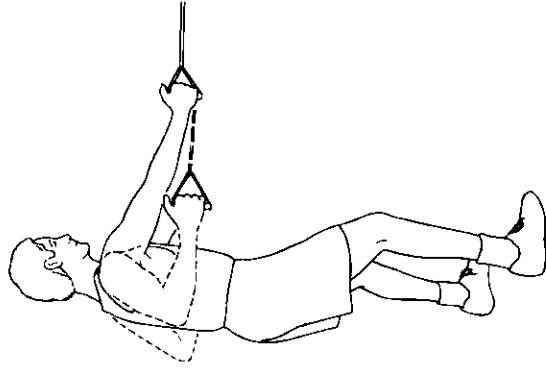


**MID BACK - 5 Low Row: Thumbs Up**

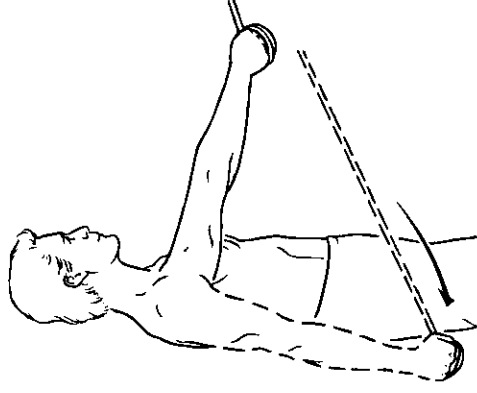


Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat 10 times per set.  
Do 3 sets per session.  
Do 1-2 sessions per week.

*Anchor Height: Waist*

**SHOULDER - 45 Strengthening: Resisted Extension**

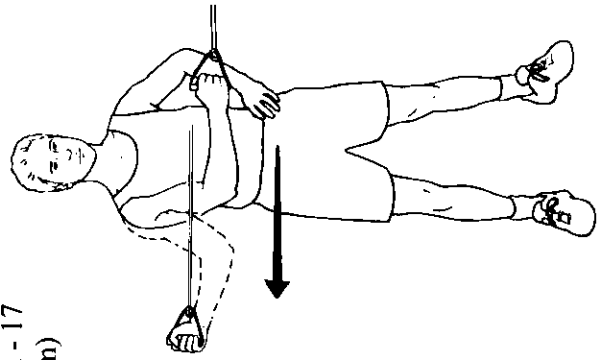


Hold tubing in right hand, arm forward. Pull arm back, elbow straight.

Repeat 10 times per set.  
Do 3 sets per session.  
Do 1-2 sessions per day.

**SHOULDER / UPPER BACK - 17**

Rotation: External (Single Arm)

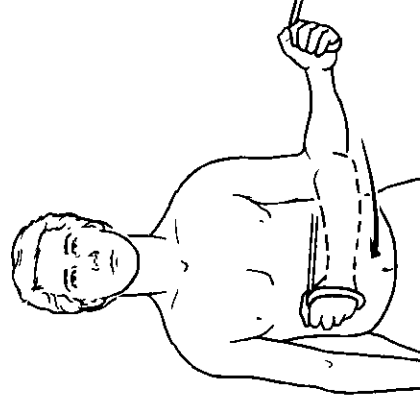


Side toward anchor in shoulder width stance with elbow bent to 90°, arm across mid-section. Thumb up, pull arm away from body, keeping elbow bent.

Repeat 10 times per set.  
Repeat with other arm.  
Do 3 sets per session.  
Do 1-2 sessions per week.

*Anchor Height: Waist*

**SHOULDER - 44 Strengthening: Resisted Internal Rotation**



Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body.

Repeat 10 times per set.  
Do 3 sets per session.  
Do 1-2 sessions per day.