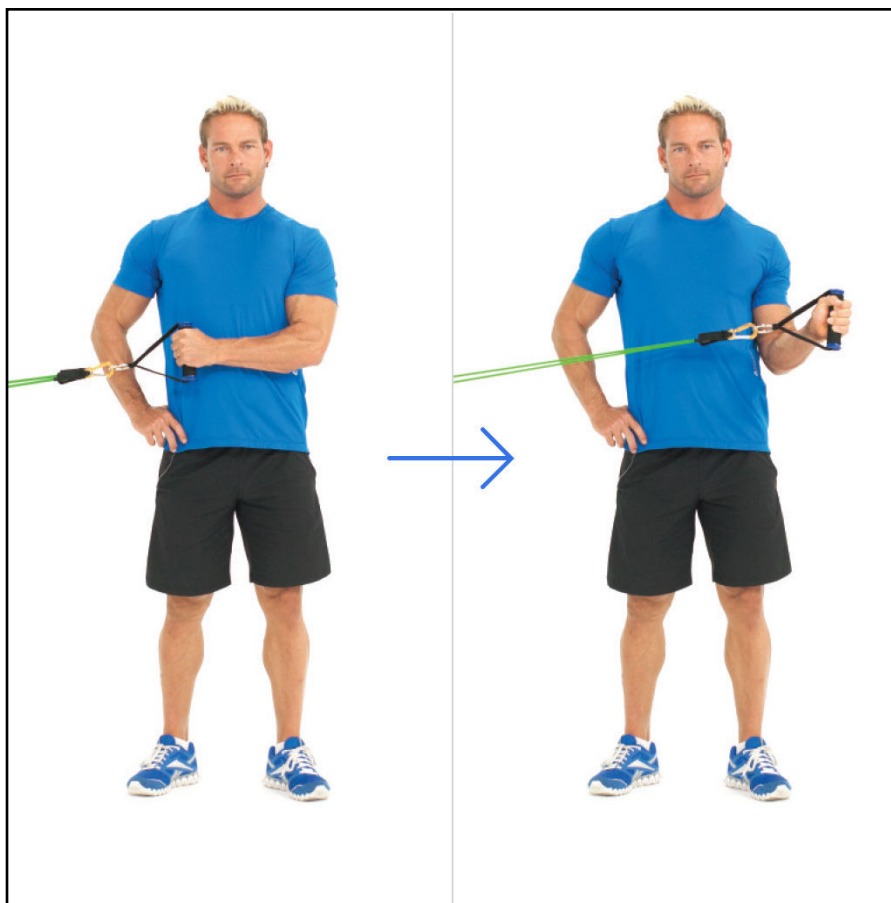


# External Side Rotation With Bands

Area Targeted: Rotator Cuff



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=zXxSS5sj8Rg>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at waist height.

**Bands:** Attach both ends of the band to one handle and grip the handle with the hand of your working arm.

**Body Positioning:** Stand 3 to 4 feet away from the door with your non-active arm closest to the door. Keep your head straight, chest up and stomach tight. Position your active upper arm to be perpendicular to the floor. Your lower active arm should be parallel with the floor, across and tight to your body.

### MOVEMENT:

Rotate your arm out (in an arc against the resistance), until it cannot rotate any further. Return to the starting position (controlling the resistance). Repeat.

### POINTS TO REMEMBER:

1. Try to keep the elbow of your active arm tight to your side throughout the entire movement, do not let it flare out.