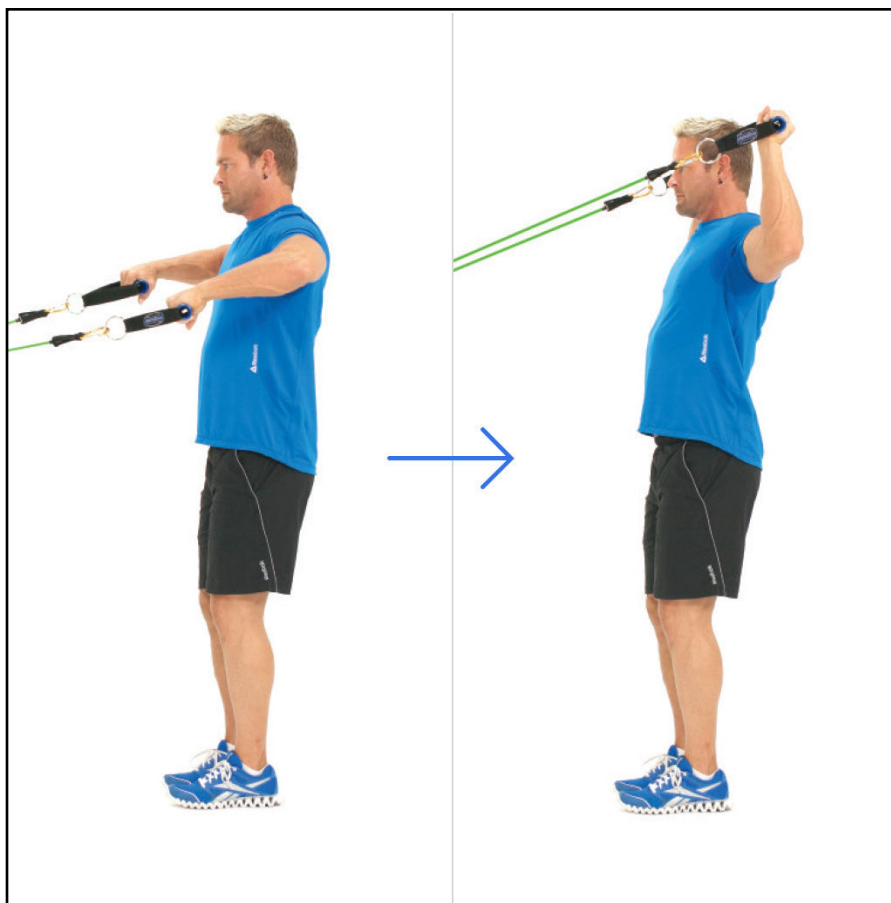


External Up Rotation With Bands

Area Targeted: Rotator Cuff



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=XH0nQtC3V4s>

INSTRUCTIONS:

SET UP:

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

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Grip a handle in each hand and stand 3 to 4 feet away from the door, facing the door. Position your arms so that they are bent at a 90 degree angle, with your forearms and upper arms parallel with the floor. Keep your head straight, chest up and stomach tight.

MOVEMENT:

Rotate your arms up against the resistance until your forearm is perpendicular to the floor. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. As you are rotating your arms keep you elbows even with your shoulders.