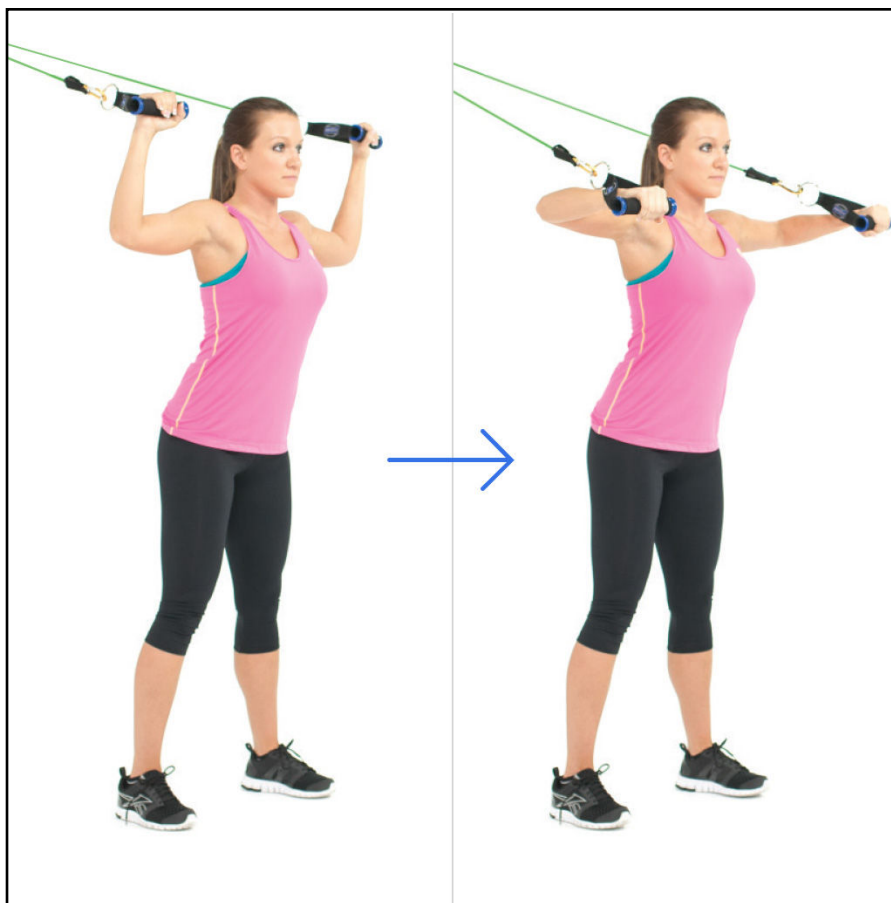


## Internal Down Rotation With Bands

Area Targeted: Rotator Cuff



**FIND THIS EXERCISE ON YOUTUBE:** [https://www.youtube.com/watch?v=eoA\\_SuuZunA](https://www.youtube.com/watch?v=eoA_SuuZunA)

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the top of the door.

**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, with your back to the door the door. Position your arms so that they are bent at a 90 degree angle, with your forearms perpendicular and upper arms parallel with the floor. Keep your head straight, chest up and stomach tight.

#### MOVEMENT:

Rotate your arms down against the resistance until your forearms are parallel to the floor.

#### POINTS TO REMEMBER:

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