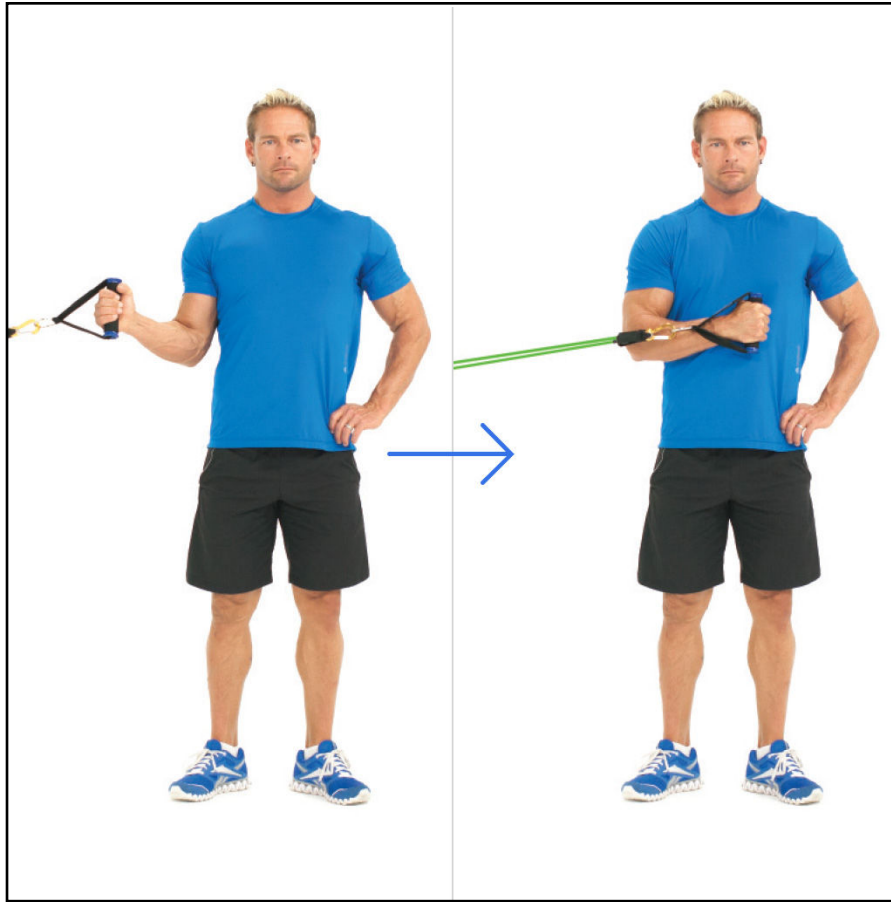


# Internal Side Rotation With Bands

Area Targeted: Rotator Cuff



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=jNKoe2SwUvk>

## INSTRUCTIONS:

### SET UP:

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

**Bands:** Attach both end of the band to one handle and grip the handle with one hand.

**Body Positioning:** Stand 3 to 4 feet away from the door with your active arm closest to the door. Keep your head straight, chest up and stomach tight. Position your active upper arm to be perpendicular with the floor. Your active lower arm should be parallel with the floor, and pointed away from your body at a 45 degree angle.

### MOVEMENT:

Rotate your arm in (in an arc against the resistance), until your hand touches your chest. Return to the starting position (controlling the resistance). Repeat.

### POINTS TO REMEMBER:

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