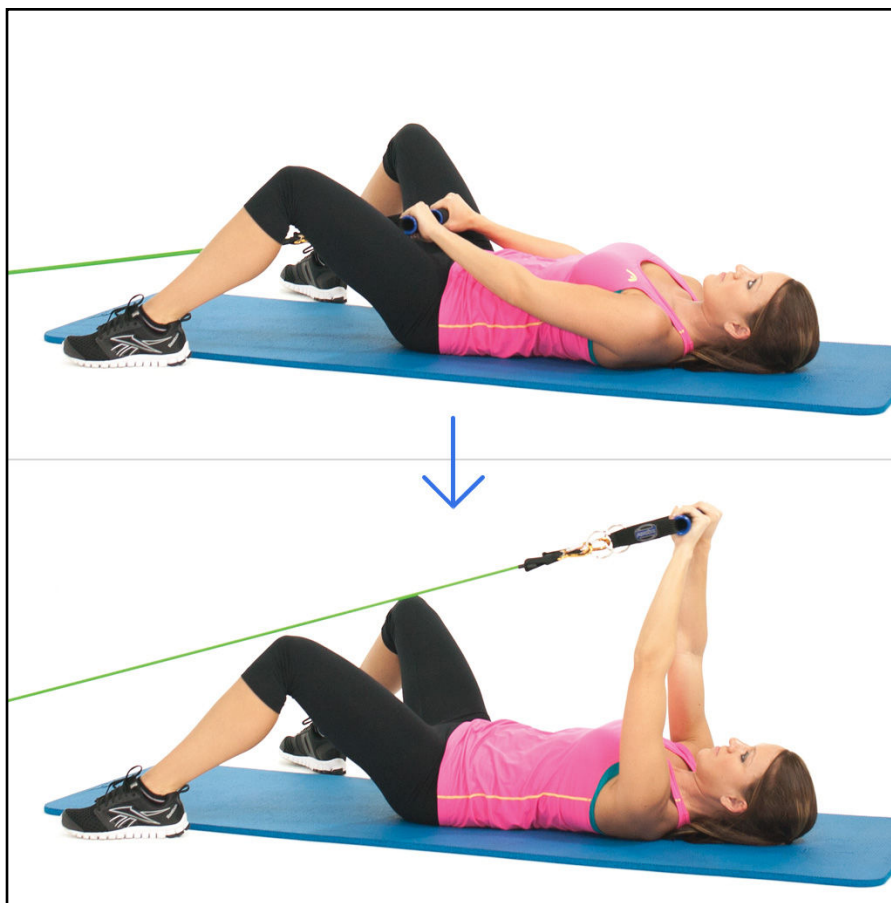


Lying Front Shoulder Raise With Bands

Area Targeted: Front Shoulder



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=DP5Ra2YltCQ>

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Grip a handle in each hand, palms facing down and lay on your back facing the door, 3 to 4 feet away from the door. Keep your feet flat on the floor, knees up, legs apart and arms straight in between your legs with palms down.

MOVEMENT:

Raise your arms up, and away from the door until your hands are directly above your chest. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Keep your hands close together and arms straight as you raise your arms.