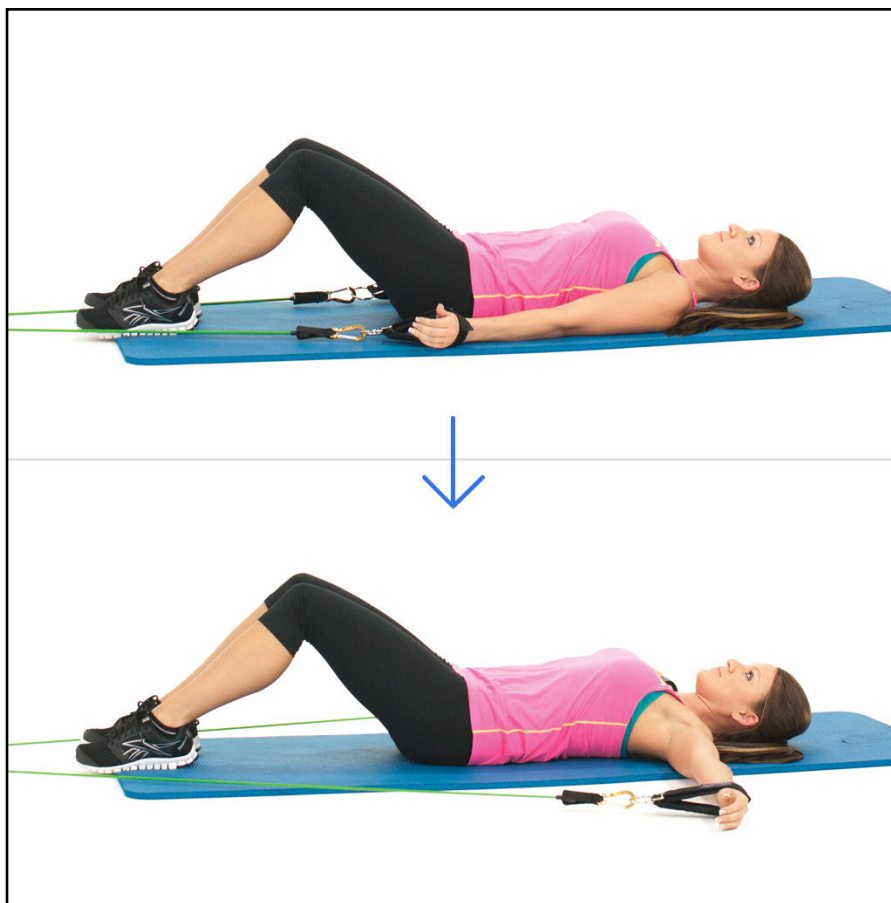


Lying Lateral Raise With Bands

Area Targeted: Side Shoulder



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=ZJKEjlx0rGI>

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 an ankle strap and place your hands inside the ankle straps.

Body Positioning: Lie on your back facing the door 3 to 4 feet away from the door. Keep your feet flat on the floor, knees up and arms straight at your sides, palms facing in.

MOVEMENT:

Pull your arms away from your sides, and away from the door until your elbows are even with your shoulders.

POINTS TO REMEMBER:

1. Rotate your upper arm bone forward so that as you pull your arms away from your sides, with your elbows are leading the movement.