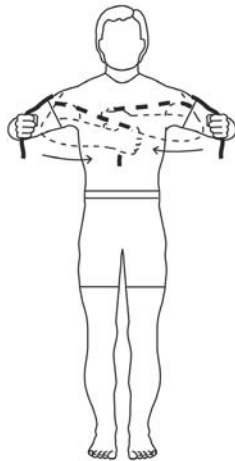


### Chest Flies

- Secure middle of elastic to stationary object at shoulder level.
- Face away from attachment in a staggered step, one leg in front of other as shown.
- Grasp bands at shoulder level with your elbows straight.
- Keep elbows straight and pull inward with palms inward.
- Slowly return and repeat.

### Dynamic Hug

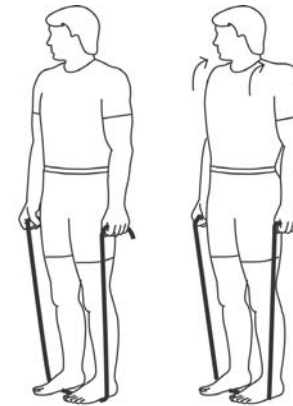
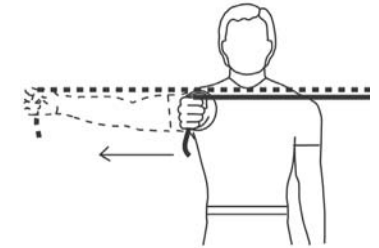
- Begin with band wrapped around upper back, holding each end in hands.
- Abduct shoulders to 60 degrees and bend elbows to 45 degrees.
- Keep shoulders elevated and push arms forward and inward in a hugging motion.
- When hands touch, hold, slowly return to start position and repeat.



## Upper Back

### Horizontal Abduction\*

- Attach elastic to secure object at shoulder level.
- Grasp elastic with hand, as shown.
- Pull arm outward, keeping elbow straight.
- Do not twist at waist.
- Slowly return to start position and repeat.

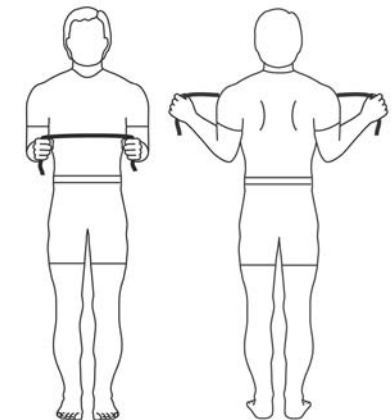


### Shrug\*

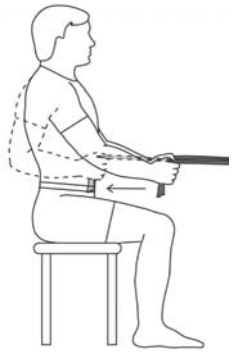
- Stand, arms at sides.
- Stand on elastic as shown, holding elastic in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Keep elbows straight.
- Slowly return to start position.

### Scapular Retraction

- Hold arms at sides with elbows bent, holding ends of elastic in each hand.
- Squeeze shoulder blades together by moving hands outward slightly.
- Slowly return to starting position.

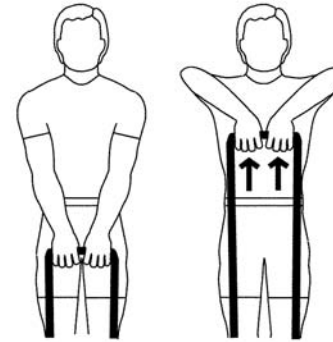


*\*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*



**Seated Row**

- Attach elastic to secure object.
- Grasp elastic in hands.
- Sit in chair with back unsupported, maintaining proper posture.
- Keep elbows near sides, elbows bent.
- Squeeze shoulder blades together, pulling arms back.
- Slowly return to start and repeat.

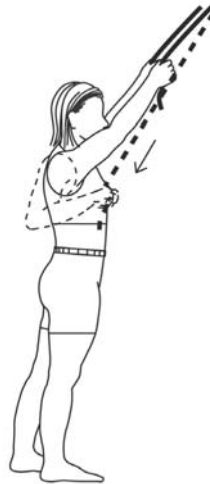


**Upright Row\***

- Stand on elastic.
- Grasp elastic in both hands in front of hips, elbows straight.
- Lift upward toward chin, bending elbows.
- Keep hands close to chest.
- Slowly lower and repeat.

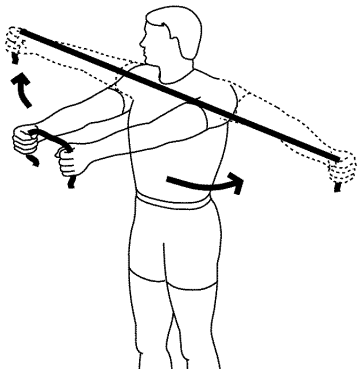
**Lat Pull Down\***

- Attach elastic overhead to secure object.
- Grasp elastic in hands as shown.
- Pull down, bending elbows, squeezing shoulder blades together.
- Slowly return to start position and repeat.



**Bent Over Row\***

- Secure elastic under opposite foot.
- Hold elastic in involved arm.
- Slightly bend hips and knees and support upper body with other arm as shown.
- Pull up on elastic, raising elbow to shoulder height.
- Slowly return to start position and repeat.



**Reverse Flies\***

- Grasp elastic in hands, elbows straight, as shown.
- Move arms away from each other, out to sides.
- Slowly return to start position.

*\*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*

*\*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*