



# SHOULDER EXTERNAL ROTATION



## INSTRUCTIONS

Step 1: Grip the band so it passes in front of your stomach

Step 2: Squeeze shoulder blades together

Step 3: Keeping your elbows positioned at your sides pull hands apart stretching the band

Step 4: Hold this position for \_\_\_\_ seconds before slowly returning to the starting position

Sets: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Duration: \_\_\_\_\_ Frequency: \_\_\_\_\_