



SHOULDER (SWORD)



INSTRUCTIONS

- Step 1: Grasp both ends of the band and wrap the band under the foot opposite to the exercise arm
- Step 2: The exercise arm starts in front of the opposite hip with the thumb pointing towards the hip
- Step 3: Keeping the arm straight, raise the arm diagonally to the position shown above, rolling the hand simultaneously so the thumb ends by pointing behind you
- Step 4: The movement should resemble drawing a sword from its sheath
- Step 5: Return to the starting position rolling the hand inward so the thumb again points toward the hip

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____