



Northwestern Health
Sciences University

ANTI-ROTATION PRESS



INSTRUCTIONS

Step 1: Secure one end of the band to a stable object and make certain it won't come loose

Step 2: holding the free end of the band directly in front of your shoulders

Step 3: Proceed to step sideways away from the secured end of the band while trying to prevent any movement of your upper body and keeping the hands in the same position in front of the body

Step 4: Slowly step sideways back to the starting position

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