

Shoulder External Rotation (0°)

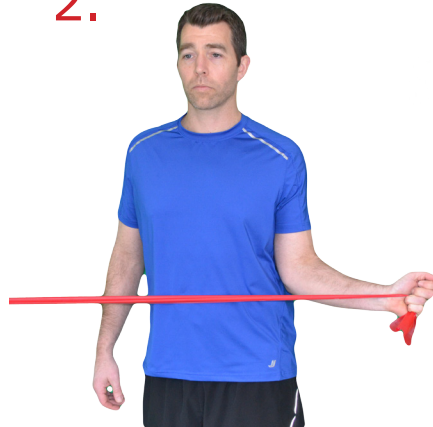
Holding a resistance band in your hand with your elbow at your side rotate your shoulder outwards to pull your hand away from your body.

Then straighten your elbow and push your arm out away from your body.

1.



2.



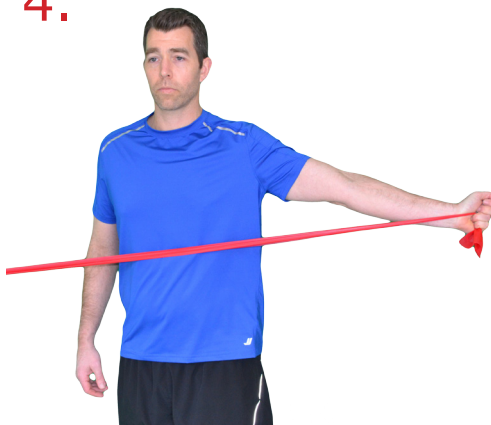
3.



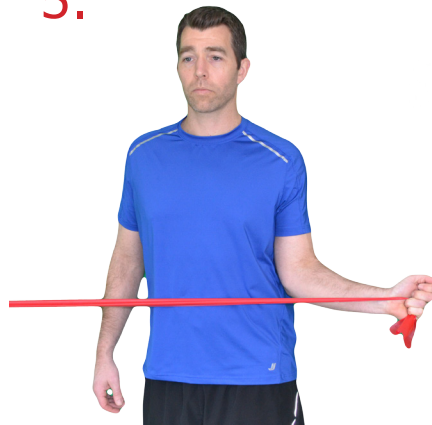
After holding this position for a few seconds pull your elbow back to your side then slowly bring your hand back to your lower rib cage.

Repeat 10-15 times for 3-5 sets

4.



5.



6.



Ensuring Proper Form:

- Keep your shoulder blade retracted (pulled back towards your spine) for the entire exercise - especially when returning your hand to your body