

In



Out



**WIDEOUT (Straight Out)**

Extend arms straight out. Pull equally with both hands.

Band: Y O LR DR

Sets:

Reps:



**WIDEOUT (Bent Arm)**

Extend forearms with elbows back. Pull equally with both hands.

Band: Y O LR DR

Sets:

Reps:



**WIDEOUT (45° Up)**

Extend arms 45 degrees up. Pull equally with both hands

Band: Y O LR DR

Sets:

Reps:



**WIDEOUT (45° Down)**

Extend arms 45 degrees down. Pull equally with both hands

Band: Y O LR DR

Sets:

Reps:



**WIDEOUT (Elbows In)**

Extend forearms with elbows against your sides. Pull equally with both hands.

Band: Y O LR DR

Sets:

Reps:

In



Out



**WIDEOUT (One Arm Only)**

Extend arms. Pull with designated arm while holding the other arm stationary.

Band: Y O LR DR

Sets:

Left or Right

Reps:



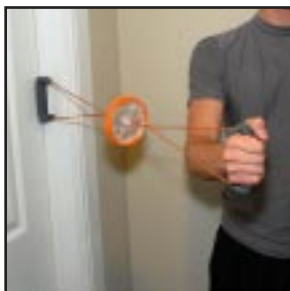
**WIDEOUT (Hands Out)**

Extend arms straight out. Turn palms outward. Pull equally with both hands. Use with any wideout position.

Band: Y O LR DR

Sets:

Reps:



**INTERNAL ROTATION (Lateral)**

Attach one handle to a door or stationary pole. Facing away from the attached handle, extend designated arm and sweep or pull inward with the designated arm while keeping the arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**INTERNAL ROTATION (45° Up)**

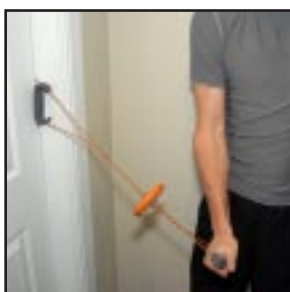
Attach one handle to a door or stationary pole. Facing away from the attached handle, extend designated arm and sweep or pull upward 45 degrees with the designated arm while keeping the arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**INTERNAL ROTATION (45° Down)**

Attach one handle to a door or stationary pole. Facing away from the attached handle, extend designated arm and sweep or pull downward 45 degrees with the designated arm while keeping the arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:

In



Out



**INTERNAL ROTATION (90° with Arm Bent)**

Attach one handle to a door or stationary pole. Facing away from the attached handle, raise designated hand to the square or 90 degrees. Pull forward with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BOW DRAW (Straight Out)**

Extend arms to the designated side, with one arm extended. With thumb pointing up, draw your bent arm back as though pulling a bow.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BOW DRAW (Rear Deltoid)**

Extend arms to the designated side, with one arm extended. With thumb pointing in toward your chest, draw your bent arm back as though pulling a bow.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BOW DRAW (45° Up)**

Extend arms to the designated side, with one arm extended 45 degrees upward. Draw your bent arm back as though pulling a bow.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BOW DRAW (45° Down)**

Extend arms to the designated side, with one arm extended 45 degrees downward. Draw your bent arm back as though pulling a bow.

Band: Y O LR DR

Sets:

Left or Right

Reps:

In



Out



**RAISE (Front)**

Place opposite hand on hip and pull upward and forward with designated hand. Keep designated arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**RAISE (Scaption)**

Place opposite hand on hip and pull upward and 30-45 degrees to the side with designated hand. Keep designated arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**RAISE (Lateral)**

Place opposite hand on hip and pull upward and to the side with designated hand. Keep designated arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**PULL DOWN (Lateral)**

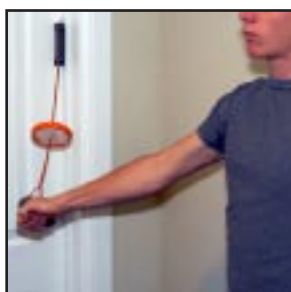
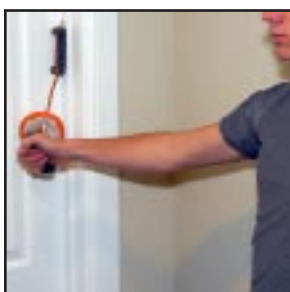
Attach one handle to a door or stationary pole. Standing to the side, extend designated arm to the side and pull down while keeping the arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**PULL DOWN (Scaption)**

Attach one handle to a door or stationary pole. Turn 30-45 degrees to the side. Extend designated arm to the side and pull down while keeping the arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:

In



Out



**PULL DOWN (Front)**

Attach one handle to a door or stationary pole. Facing the pole, extend designated arm to the front and pull down while keeping the arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**SINGLE ARM PRESS (Chest)**

Place opposite hand on chest and press forward with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**SINGLE ARM PRESS (Lateral)**

Place opposite hand on chest and press to the side with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**SINGLE ARM PRESS (Military)**

Place opposite hand on chest and press upward with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**SINGLE ARM PRESS (45° Up)**

Place opposite hand on chest and press 45 degrees to the side and upward with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:

In



Out



**SINGLE ARM PRESS (45° Down)**

Place opposite hand on chest and press 45 degrees to the side and downward with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BOW DRAW/PRESS COMBO**

Place opposite hand on chest and press to the side with designated hand. At the same time, draw your bent arm back as though pulling a bow.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**EXTENSION (Overhead)**

Raise opposite hand above head and press to the side with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**EXTENSION (90° Lateral)**

Extend opposite arm straight out. Raise designated hand to the square or 90 degrees. Pull back with designated hand.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**EXTENSION (Tricep Kick-Back)**

Extend opposite arm straight out. Lower designated hand to the side. Pull back with designated hand with elbow bent.

Band: Y O LR DR

Sets:

Left or Right

Reps:

In



Out



**EXTENSION (Rear Deltoid)**

Extend opposite arm straight out. Lower designated hand to the side. Pull back with designated hand with arm straight.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BICEP CURL**

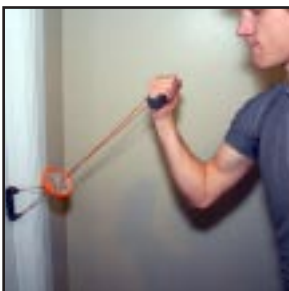
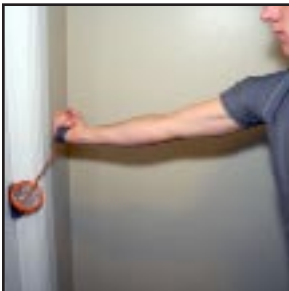
Attach one handle to a door or stationary pole. With palm turned up, pull upward and toward your chest with designated arm.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**BICEP CURL (Preacher)**

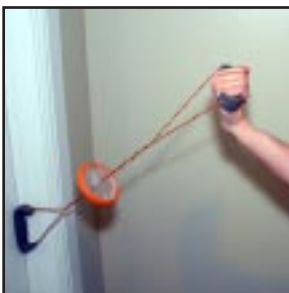
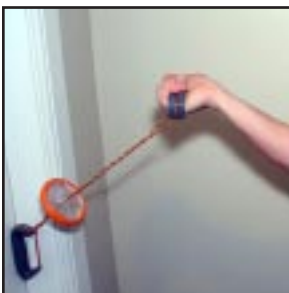
Attach one handle to a door or stationary pole. With palm turned up, pull upward and toward your chest with designated arm.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**FOREARM CURL**

Attach one handle to a door or stationary pole. With palm turned up, pull upward and toward your chest with designated hand only (keep your elbow locked and arm stationary).

Band: Y O LR DR

Sets:

Left or Right

Reps:



**ROW (Narrow)**

Kneel with your forward hand on the ground. Pull back with designated arm, elbow bent, and thumb pointing up.

Band: Y O LR DR

Sets:

Left or Right

Reps:

In



Out



**ROW (Wide)**

Kneel with your forward hand on the ground. Pull back with designated arm, elbow bent, and thumb pointing in.

Band: Y O LR DR

Sets:

Left or Right

Reps:



**ROTATIONS (Circumduction)**

Place opposite hand on chest. While pressing to the side with designated hand, sweep in designated direction. Release tension on the rope as you complete the sweep to allow the disc to rewind.

Band: Y O LR DR

Sets:

Forward or Reverse

Reps:

