



### Standing Bilateral Shoulder Extension with Resistance Band

#### **Starting position:**

Standing with arms extended in front of you at shoulder height, palms down with slight resistance in the band.

#### **Movement:**

Tighten your core, extend your arms toward your side keeping your elbows straight and squeeze your shoulder blades down and together. Slowly return to starting position.

Position:  Straight legs  Squat stance  
 Split squat stance  Single leg stance

Perform  Reps  Sets  Times a day



### Standing Alternating Shoulder Extension with Resistance Band

#### **Starting position:**

Standing with arms extended in front of you at shoulder height, palms down with slight resistance in the band.

#### **Movement:**

Tighten your core, extend one arm toward your side keeping your elbow straight and squeeze your shoulder blades down and together. Slowly return to starting position. Repeat for other arm.

Position:  Straight legs  Squat stance  
 Split squat stance  Single leg stance

Perform  Reps  Sets  Times a day