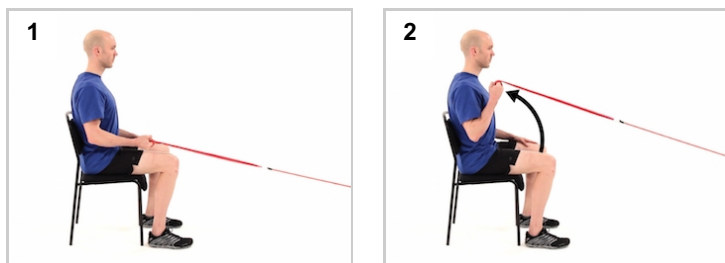


Seated Single Arm Elbow Flexion with Resistance



Setup

Begin sitting in a chair holding a resistance band in one hand, facing the anchor point.

Movement

Bend your elbow bringing your hand toward your body, pulling against the resistance band. Slowly return to the starting position, then repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder as you curl your arm.

Seated Elbow Extension with Self-Anchored Resistance



Setup

Begin sitting upright, holding the ends of a resistance band, using one hand as an anchor in front of your chest.

Movement

Slowly straighten your other arm, pulling down against the resistance, then return to the starting position and repeat.

Tip

Make sure to keep your wrist straight and your shoulder relaxed during the exercise.

Seated Chair Push Ups



Setup

Begin sitting upright with your hands resting on the armrests of the chair.

Movement

Straighten your arms, lifting your body off of the chair. Hold briefly, then lower back down and repeat.

Tip

Make sure to use a sturdy chair and use your legs to balance as needed. Do not shrug your shoulders during the exercise.

Seated Scapular Retraction



Setup

Begin sitting in an upright position.

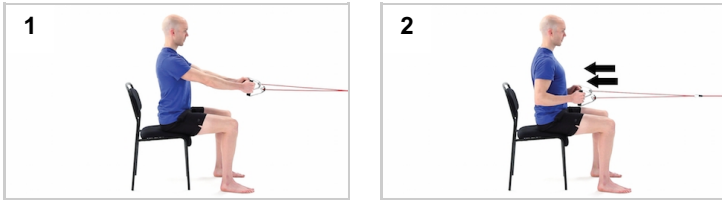
Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

Seated Shoulder Row with Anchored Resistance



Setup

Begin by sitting upright in a chair holding resistance tubing in each hand, anchored in front of your body. Your feet and knees should be shoulder width apart.

Movement

With your fists facing each other, draw your arms back until they are parallel with your trunk, and hold, before slowly returning to the start position.

Tip

Make sure to maintain a gentle chin tuck during the exercise and do not let your trunk rotate.

Seated Shoulder Internal Rotation with Anchored Resistance



Setup

Begin sitting upright with a towel tucked under your arm, elbow bent, and forearm straight forward, holding a resistance band that is anchored out to your side.

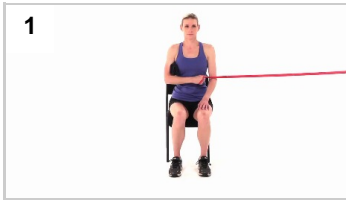
Movement

Pull your forearm in towards your stomach, keeping your elbow near your body, then slowly return to the starting position and repeat.

Tip

Make sure to keep your elbow near your body and do not shrug your shoulder during the exercise.

Seated Shoulder External Rotation with Resistance



Setup

Begin sitting in an upright position with one elbow bent and a towel roll tucked between your arm and your side, holding a resistance band in your hand. The resistance band should be anchored securely at waist level on the side opposite your hand.

Movement

Keeping your elbow tucked, rotate your forearm out to one side.

Tip

Make sure to maintain a gentle chin tuck and do not shrug your shoulder during the exercise.

Seated Shoulder Flexion with Resistance



Setup

Begin sitting upright holding both ends of a resistance that is anchored under your feet.

Movement

Lift your arms straight in front of you, pulling against the resistance. Then slowly lower your arms back down to the starting position and repeat.

Tip

Make sure to keep your back and elbows straight, and do not shrug your shoulders during the exercise.

Seated Shoulder Extension with Resistance



Setup

Begin sitting upright holding one end of a resistance band that is anchored under your foot.

Movement

Pull your arm straight backward, keeping your elbow straight, then return to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise and do not shrug your shoulder.