



### Legs | Hamstring

Attach the MSD-Band to your right ankle. Stand on the band with left foot, while supporting yourself with a chair or table. Hold the remaining piece of MSD-Band in your left hand. Lift your right lower leg backwards.



### Legs | Quadriceps

Attach the MSD-Band to your right ankle. Stand on the band with left foot, while sitting on a chair. Hold the remaining piece of MSD-Band in your left hand. Lift your right lower leg forward.



### Legs | Quadriceps

Wrap the MSD-Band around each hand and hold firmly. Lift your leg and place your foot in the middle of the MSD-Band, while sitting on a chair. Stretch your leg forward while keeping your hands close to your chest, thumbside facing up.



### Legs | Gluteus Maximus

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Wrap the MSD-Band around your leg. Pull your leg backwards, keeping it stretched during the entire exercise. To challenge your supporting leg, you can add a foam balance pad to the exercise.



### Arms | Triceps & Biceps

Wrap your MSD-Band around both hands. Hold your left hand to your chest, your palm facing towards your body. Hold your right hand by your waist. While holding your left hand in place, extend your right arm downward. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulder | Deltoideus Arms | Triceps

Wrap your MSD-Band around both hands. Hold your left hand to your chest, your palm facing towards your body. Hold your right hand by your waist. While holding your right hand in place, extend your left arm upward. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulder | Deltoideus Arms | Triceps

Attach the MSD-Band securely around an external object near chest height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the loop at chest height, forming 90° angles with your arm across your chest. Pull sideways, keeping your forearm parallel to your torso.



### Shoulder | Deltoideus Arms | Triceps

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm raised sideways to shoulder height. Bend your arm, bringing your fist to your shoulder. Extend your arm forward.

More exercises on [www.moves-band.com](http://www.moves-band.com), [f](#) and [v](#)



### Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Stretch your arms upwards, your palms facing forward.



### Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Raise your arms forward while keeping them stretched.



### Shoulders | Deltoideus

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes under your foot. Raise your arms sideways while keeping them stretched.



### Shoulders | Deltoideus Arms | Triceps

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes behind your back and under your armpits. Stretch your arms forward while keeping your hands close to your chest, thumbside facing up.

More exercises on [www.moves-band.com](http://www.moves-band.com), [f](#) and [y](#)

3/19



### Wrist/Forearm | Flexion

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand. Flex your wrist up and down, your palm facing upward.



### Wrist/Forearm | Extension

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand. Extend your wrist up and down, your palm facing downward.



### Wrist/Forearm | Abduction

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand. Flex your wrist up and down, your thumb facing upward.



### Wrist/Forearm | Adduction

Place the MSD-Band under your foot. Wrap the two ends around your hand and hold firmly. Stretch your arm alongside your body, your thumb facing forward. Flex your wrist forward and backwards.

More exercises on [www.moves-band.com](http://www.moves-band.com), [f](#) and [y](#)



### Wrist/Forearm | Pronator & Supinator

Place the MSD-Band under your foot. Insert your hand in the loop and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand, your palm facing up. Rotate your wrist inward, so your palm faces down.



### Wrist/Forearm | Pronator & Supinator

Place the MSD-Band under your foot. Insert your hand in the loop and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand, your palm facing down. Rotate your wrist outward, so your palm faces up.



## Legs | Quadriceps

Attach the MSD-Band securely around your foot. Hold the two ends in your hand near your shoulder. Lie on your stomach on an exercise mat, your lower leg raised. Stretch your lower leg.



## Legs | Quadriceps

Attach the MSD-Band securely around your foot. Hold the two ends in your hand near your chest. Lie on your back on an exercise mat, your knee raised. Extend your leg, keeping your hands steady.



## Legs | Hamstring

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor or a chair with a person of your own weight on it are preferred choices. Insert your foot in the loop. Lie on your stomach on an exercise mat, your leg stretched. Raise your lower leg.



## Back

Sit upstraight on an exercise mat, your legs stretched. Safely attach the MSD-Band to your feet. Hold the two ends of the MSD-Band in your hands, forming a 90° angle with your elbows. While keeping your hands and arms steady, lower your torso to a 45° angle. Hold for a moment and come back to the starting position.



### Chest | Pectoralis

Attach the MSD-Band securely around an external overhead object. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm raised sideways to shoulder height. Pull down, keeping your arm stretched during the entire exercise.



### Chest | Pectoralis

Attach the MSD-Band securely around an external overhead object. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm raised overhead. Pull down diagonally, across your chest.



### Chest | Pectoralis

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face away from the fixation point. Wrap your MSD-Band around both hands, raising your arms sideways, parallel to the ground. Bring your hands together in front of your chest, keeping your arms stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.





**Shoulders | Deltoideus  
Arms | Triceps**

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the ends of the MSD-Band firmly in both hands, your fists raised to shoulder height. Extend your arms foreward.



**Shoulders | Deltoideus  
Arms | Triceps**

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm lowered. Start with your left hand by your right hip. Pull up diagonally, across your chest.



**Shoulders | Deltoideus  
Arms | Triceps**

Attach the MSD-Band securely around an external object above shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm raised forward to shoulder height. Bring your fist next to your hip, keeping your arm stretched during the entire exercise.



## Shoulders

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Kneel in front of the fixation point on an exercise mat, firmly holding the ends of the band in each hand, your arms forming a 45° angle to your torso. Bring your fists next to your hip, keeping your arm stretched during the entire exercise.



## Shoulders

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Kneel in front of the fixation point on an exercise mat, firmly holding the ends of the band in each hand, your arms forming a 45° angle to your torso. Raise your arms 90°, keeping them stretched during the entire exercise.



### Shoulder | Deltoideus

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Firmly hold the end of the band in your hand, your forearm parallel to the ground and across your stomach. Hold a rolled-up towel between your elbow and your body. Rotate your arm 90° outward.



### Shoulder | Deltoideus Chest | Pectoralis

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Firmly hold the end of the band in your hand, your forearm parallel to the ground, rotated 90° outward. Hold a rolled-up towel between your elbow and your body. Rotate your arm 90° inward.



### Shoulder | Deltoideus & Subscapularis

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arm raised parallel to the ground and your elbow in a 90° angle. Rotate your arm 90° upward.



### Shoulder | Deltoideus

Attach the MSD-Band securely around an external object at hip height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face away from the fixation point. Firmly hold the end of the band in your hand, your arm straight down your side. Raise your arm forward to shoulder height, keeping it stretched during the entire exercise.



## Shoulder | Latissimus Dorsi & Teres Major

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised parallel to the ground. Your palms facing inward, pull your elbows to your hips, forming a 90° angle with your elbows.



## Shoulder | Latissimus Dorsi & Teres Major

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised parallel to the ground. Your palms facing upward, pull your elbows to your hips, forming a 90° angle with your elbows.



## Shoulder | Infraspinatus & Teres Minor

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Band firmly in your hands next to your hip. Your elbows make a 90° angle. Maintain that angle while raising your arms until they are parallel to the floor.



### Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face the fixation point. Wrap your MSD-Band around both hands, raising your arms forward, parallel to the ground. Rotate both arms 90° outward, keeping your arms stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Face the fixation point. Wrap your MSD-Band around your hand, raising your arm forward, parallel to the ground. Rotate your arm 90° outward, keeping it stretched during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an overhead external object. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised overhead in front of your body. Your palms facing inward, pull your elbows to your hips, forming a 90° angle with your elbows. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised parallel to the floor in front of your body. Your palms facing inward, pull your elbows towards your hips, forming a 90° angle. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



## Shoulders | Serratus Anterior & Deltoideus

Attach the MSD-Band securely around an external object at shoulder height. Make sure the object is firmly attached and can not move during the exercise. A dooranchor is the preferred choice. Hold the MSD-Band firmly, your arms raised in front of your body. Your palms facing downward, pull your elbows backwards, forming a 90° angle, while keeping your arms parallel to the floor during the entire exercise. This exercise can be performed on a gym ball, to engage your core muscles, or on a chair or standing up.



### Legs | Quadriceps

Stand on the MSD-Band with two feet at shoulder width. Hold the ends firmly in each hand, your arms straight down alongside your body and your legs bent. While keeping your arms stretched during the entire exercise, stretch your legs.



### Legs | Quadriceps

Stand on the MSD-Band with two feet at shoulder width. Hold the ends firmly in each hand, hands above your shoulders and your legs bent. While keeping your arms bent during the exercise, stretch your legs.



### Legs | Quadriceps Arms | Biceps

Hold the ends of the MSD-Band firmly in each hand at chest height. Place your foot in the middle of the MSD-Band, your leg in a 90° angle, while balancing on your other leg. While keeping your arms in place, stretch your leg downward.



### Legs | Quadriceps

Hold the ends of the MSD-Band firmly in each hand at chest height. Place your front foot in the middle of the MSD-Band, your front leg stretched, your back leg slightly bent. Now form a 90° angle with your front leg and return to the starting position.



### Shoulder | Deltoideus

Stand on the MSD-Band, while holding the end of the MSD-Band firmly in your hand next to your hip. Raise your fist overhead straight upward.



### Shoulder | Deltoideus

Stand on the MSD-Band, while holding the end of the MSD-Band firmly in your hand next to your hip. Raise your arm sideways until it is parallel to the floor, your thumb facing up.



### Shoulder | Deltoideus

Stand on the MSD-Band, while holding the end of the MSD-Band firmly in your hand next to your hip. Raise your arm sideways until it is parallel to the floor, your thumb facing down.



### Shoulder | Deltoideus Arms | Triceps Chest | Pectoralis

Wrap the MSD-Band around each hand and hold firmly. The MSD-Band goes behind your back and under your armpits. Stretch your arms forward while keeping your hands close to your chest, thumbside facing up.





### Shoulder | Deltoideus

Stand on the MSD-Band with your back foot, while holding the ends of the MSD-Band firmly in your hands by your shoulders. Raise your arms upward, your thumbs facing backwards.



### Shoulder | Latissimus Dorsi & Teres Major

Stand on the MSD-Band, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm backwards to a 45° angle, your thumb facing down.



### Shoulder | Deltoideus & Serratus Anterior

Holding the ends of the MSD-Band firmly in your hands, your arms facing forward, your elbows in a 90° angle. Pull both hands 90° outward.



### Shoulder | Deltoideus

Stand on the MSD-Band, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm forward to a 90° angle, your thumb facing up.



### Shoulder | Deltoideus & Supraspinatus

Stand on the MSD-Band with both feet, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise one arms upward and diagonally over your head, slightly bending your upper body to the side.



### Shoulder | Deltoideus Chest | Pectoralis

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm forward parallel to the ground, your thumbs facing up.



### Shoulder | Latissimus Dorsi & Teres Major Chest | Pectoralis

Raise your arms overhead, your hands at shoulder width, holding the MSD-Band firmly. Lower your arms until they are parallel to the ground, keeping them stretched during the entire exercise.



### Shoulder | Deltoideus Chest | Pectoralis

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arm forward parallel to the ground, your thumbs facing inward.



### Shoulder | Deltoideus

Stand on the MSD-Band with both feet, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arms sideways until they are parallel to the ground, your thumbs facing forward.



### Shoulder | Deltoideus

Stand on the MSD-Band with your front foot, while holding the ends of the MSD-Band firmly in your hands next to your hip. Raise your arms sideways until they are parallel to the ground, your thumbs facing forward.



### Shoulder | Deltoideus Arms | Triceps

Hold the ends of the MSD-Band firmly in your hands while stretching your arms in front of you, your palms facing downwards. Rotate your arms 90° outwards, keeping them stretched during the entire exercise.



### Shoulder | Deltoideus Arms | Triceps

Hold the ends of the MSD-Band firmly in your hands. The MSD-Band is placed behind your back, over your upper arms. Your arms are in a 45° angle, while your elbows form a 90° angle. Rotate your arms inward, as if you were to hug someone.

More exercises on [www.moves-band.com](http://www.moves-band.com), [f](#) and [v](#)