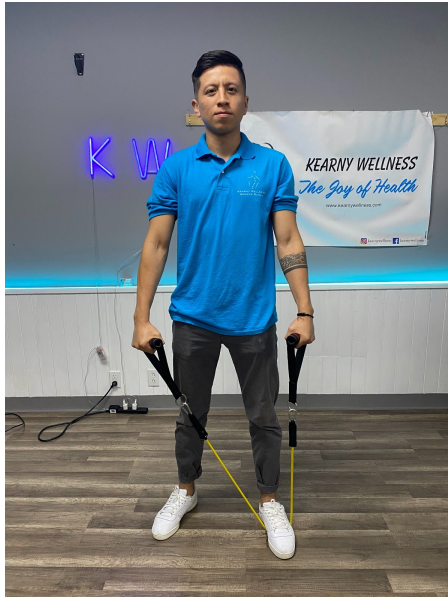


Shoulder Abduction with use of resistance band



- Begin with your arms at your side while holding a resistance band down with one foot.

- Raise both arms forward and up in front of you to level of shoulder height.
- Keep elbows straight and shoulder blades close together
- Return to starting position

*This exercise can be advanced by utilizing dumbbells or thicker resistance bands.*

