



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.