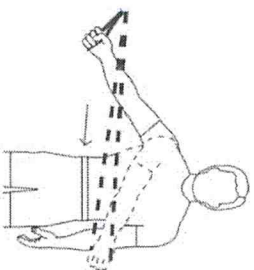


Chest

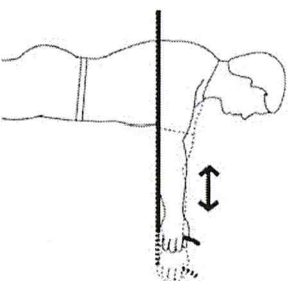


Horizontal Adduction*

- Attach elastic to secure object at shoulder level.
- Grasp elastic in involved hand and pull inward, across body, as shown.
- Keep elbow straight and do not twist at waist.
- Slowly return and repeat.

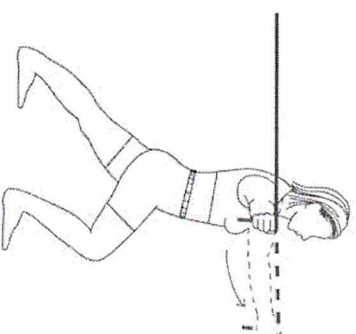
Serratus Press

- Attach elastic to secure object at shoulder height.
- Face away, grasp elastic in hand with elbow straight, arm in front, as shown.
- Push arm forward.
- Slowly return to start position.



Chest Press

- Attach elastic to secure object at shoulder level.
- Sit or stand as shown.
- Hold elastic in hands, arms out from side, elbows bent, as shown.
- Push forward, straightening elbows.
- Slowly return to start position and repeat.

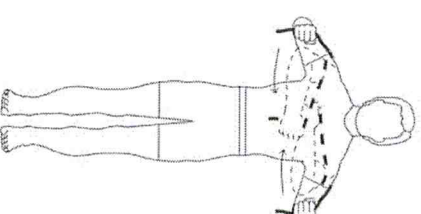


Chest Flies

- Secure middle of elastic to stationary object at shoulder level.
- Face away from attachment in a staggered step, one leg in front of other as shown.
- Grasp bands at shoulder level with your elbows straight.
- Keep elbows straight and pull inward with palms inward.
- Slowly return and repeat.

Dynamic Hug

- Begin with band wrapped around upper back, holding each end in hands.
- Abduct shoulders to 60 degrees and bend elbows to 45 degrees.
- Keep shoulders elevated and push arms forward and inward in a hugging motion.
- When hands touch, hold, slowly return to start position and repeat.



**Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*