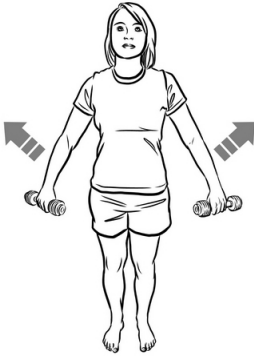


Kneel on a towel and place one hand on the floor as support.

Place a dumb-bell in your other hand and lift it upwards to the side of your body.

Avoid taking it past shoulder height and keep square to the floor during the exercise.



Stand upright with a weight in each hand and your palms facing backwards.

Keep your arms straight and lift the weights away from the side of your body.



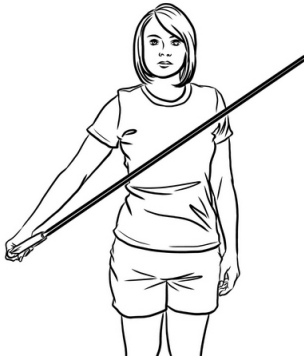
Hold a dumb-bell with your palm facing backwards. (away from you)

Lift your arm upwards and forwards away from your body.



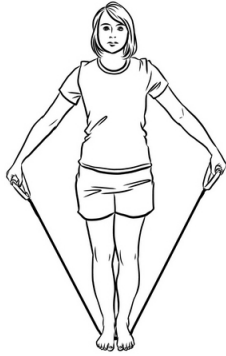
Hold on to a resistance band fixed near the ground.

Pull the band upwards and diagonally across your body, maintaining good posture.



Hold on to a resistance band fixed above your body.

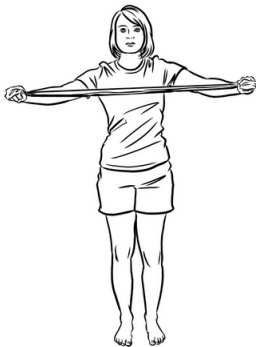
Pull the band downwards and diagonally across your body, maintaining good posture.



Place the resistance band under your feet and hold onto each end.

Keep your elbows straight and move your arms away from your sides against the resistance band.

Keep your shoulders down and together throughout the movement.



Hold each end of the resistance band at chest height, with your palms facing down.

Pull horizontally outwards with each arm, resisting against each other.