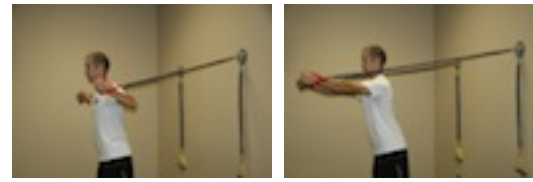


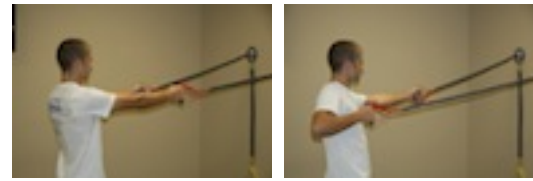
Power Arm - Crossover Symmetry Bands

Top Mounts

1. Dynamic Hug- Start with elbows raised out to the side and bent. Pull forward as to hug a tree.

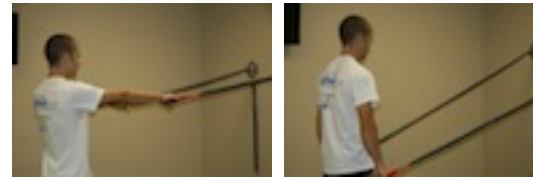


2. X Bow & Arrow- Facing the bands with arms straight out ahead of you. Pull back with one arm at a time. Alternate arms.

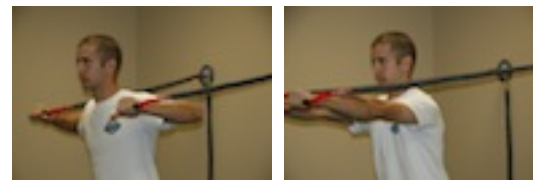


X - Bands should be crossed to perform exercise.

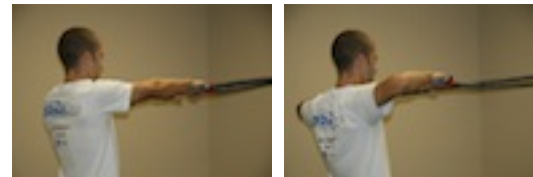
3. Lat Pullbacks- Start facing the bands with palms facing the floor and arms straight out in front of you. Pull back to your sides while pinching the shoulder blades.



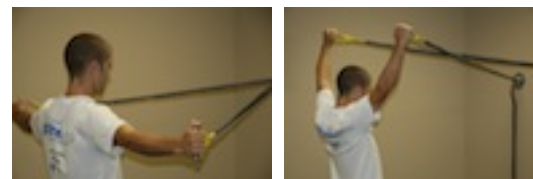
4. Shoulder Press- Stand facing away from the bands with elbows up. Push outwards as to do a bench press.



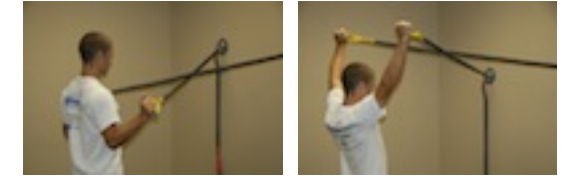
5. X Pullback- Start facing the bands with arms straight out in front of you. Pull back by squeezing the shoulder blades back, letting the elbows bend.



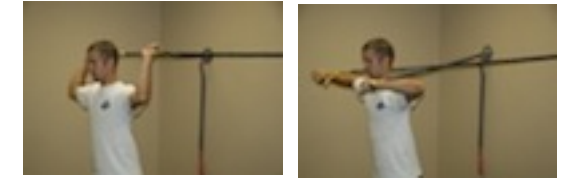
6. X Facing Jumping Jack- Facing the bands, pull back where arms are straight out away from you. Move upward to an overhead position and back to straight out.



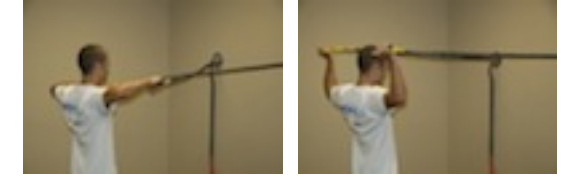
7. X Pullback W to Press- Facing the bands, pull back into a W position by squeezing the shoulder blades together. Then perform an overhead press. Return to W.



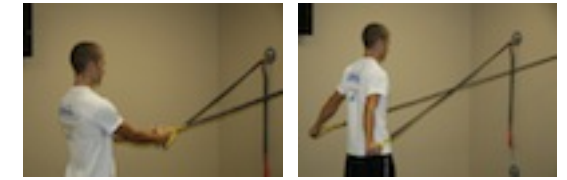
8. X 90/90 Internal Rotation- Face away from the bands. Elbows up and out to the side. Rotate the arms forward keeping the elbow from moving forward.



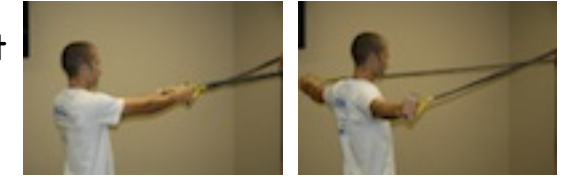
9. X 90/90 External Rotation- Face the bands with elbows up and out to the side. Rotate the hands back keeping the elbows still. Pinch the shoulder blades together as you pull



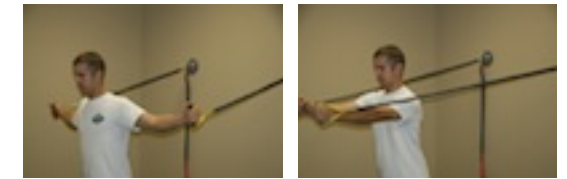
10. X Scap Low Pullback- Start facing the bands with arms extended outward. Pull the bands back keeping the palms facing forward. The arms should end slightly away from your sides.



11. X Reverse Fly- Facing the bands, keep arms straight out in front of you. Keeping the arms straight, pull back ending in a T position.

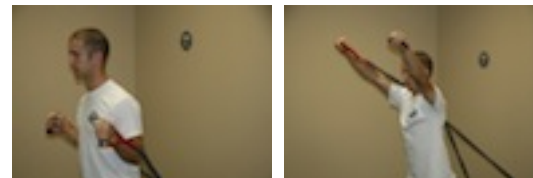


12. Fly- Start by facing away from the bands with arms fully extended away from the side. Pull forward where arms end in front of the body.

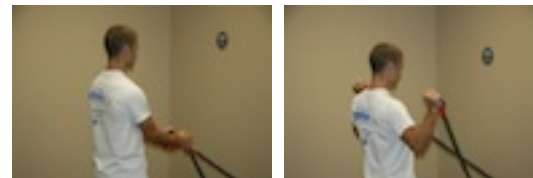


Bottom Mounts

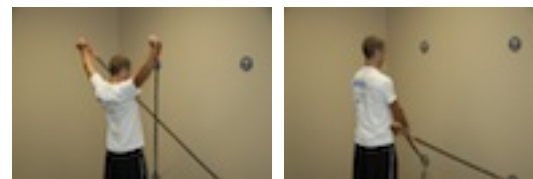
13. X Overhead Press- Facing away from the bands, push overhead at a 45 degree angle upward.



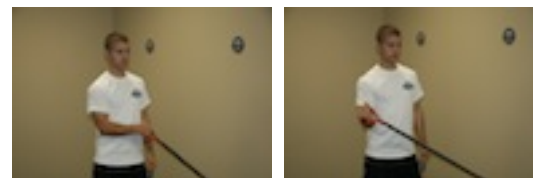
14. X Pullback W- Start with arms forward, elbows slightly bent. Pull back with the shoulder blades, rotating the hands slightly backward ending in a "W" position



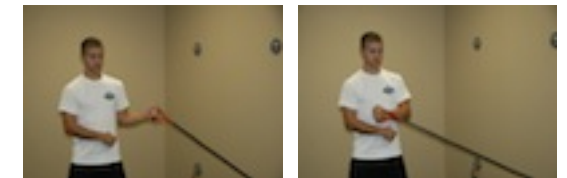
15. X Overhead Y- Face the bands. Pull up overhead with palms facing forward. Slowly lower to the start position.



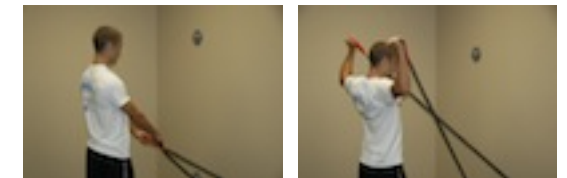
16. Open the Door- Start w/side facing the tubing. Keeping the elbow at your side, rotate the hand outward.



17. Close the Door- Start w/side facing the tubing with the elbow at your side and hand rotated away from you. Rotate the hand to your stomach



18. X Pullback to 90/90- Face the tubing with palms down to floor and elbows fully extended. Lift the tubing by pinching the shoulder blades back rotating the hands up. End in 90/90 position.



19. X 45 Degree Raise- Face away from the tubing with the elbows straight and the thumbs up. Lift straight up in a 45 degree plane (1/2 way between front of body and side of body)

