

Shoulder Strengthening Exercise Triceps



- Step 1: Hold Thera-Band in both hands, non-involved hand anchored on chest
- Step 2: Start with elbow bent, hands 8-10 inches apart
- Step 3: Slowly straighten arm, extending it back slightly behind body, hold 2 seconds
- Step 4: Slowly return to starting position
- Step 5: Repeat 8-12 times