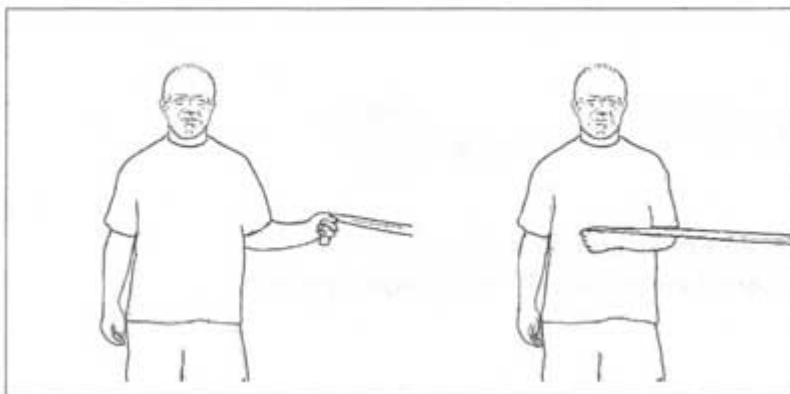




# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Arm Inward Rotation - bands



### *Arm internal rotation*

#### **Key Points**

Keep your elbow at a fixed point, do the work by rotating your upper arm. This exercise can put some stress on your elbow, stop if there is any pain. Move in a controlled manner.

#### **Instructions**

- 1) Stand upright with your feet shoulder width apart.
- 2) Attach one end of the band to a door or fixed object at elbow height.
- 3) Position your left side toward the door and hold the band with elbow bent, thumb up.
- 4) Your forearm should be out to your side, elbow at a right angle, slight tension in the band.
- 5) Keeping your elbow at a fixed point, rotate your upper arm and bring your hand across close to your chest.
- 6) Slowly return to the starting position.
- 7) Turn so your right side is toward the door and repeat with the other arm.