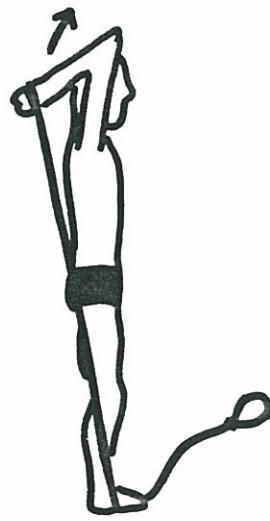


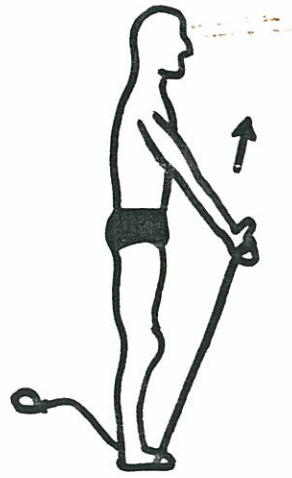
### BICEP CURLS

Cord in fist with palm to ceiling. Bend elbow as if to touch shoulders. Can also be done palm facing down to floor.

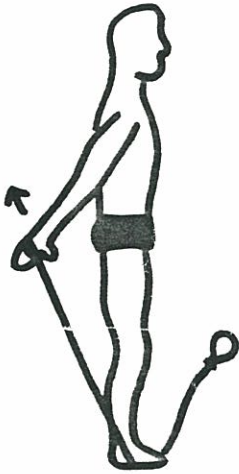


### TRICEP EXTENSION

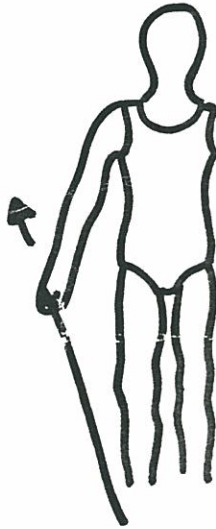
From this position, straighten your arm.



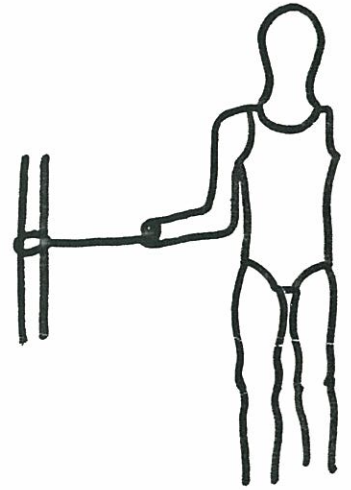
Thumb should point to ceiling and face in towards your body. Lift arm straight up until extended overhead. Can also be done with palm facing forward.



Keeping arm straight, pull straight back. This is a very small movement. Palm is facing into body and thumb pointing down to floor. Also can be done with palm facing up to ceiling.

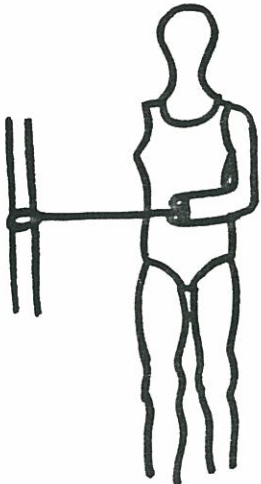


Cord in fist in hand with palm facing floor. Keeping arm straight, pull out from body until fully overhead.



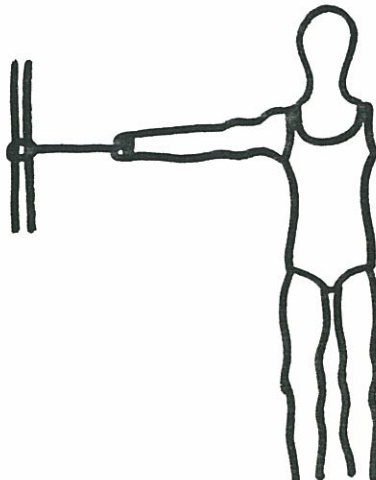
### INTERNAL ROTATION

Keep elbow tucked into side of body. Bring palm in towards stomach.

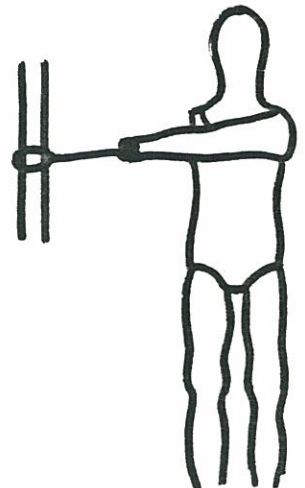


### EXTERNAL ROTATION

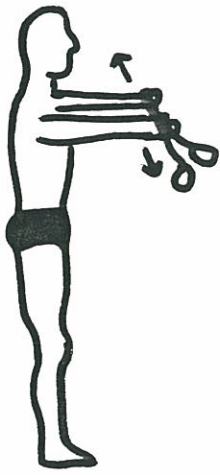
Keep elbow tucked into side of body. Pull hand away from body. Finish position looks like start position for previous exercise.



Keep arm straight. Pull arm across body (as if to touch hand to opposite shoulder)



Keep arm straight and pull arm across body. Finish position looks like start position for previous exercise.

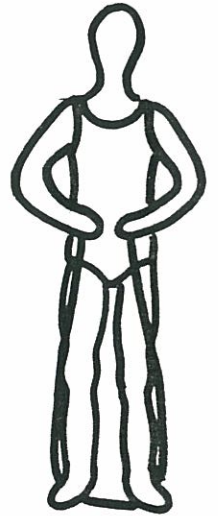


Double up cord and hold in fists at shoulder level with arms shoulder width apart. Pull hands apart until arms outstretched by sides.

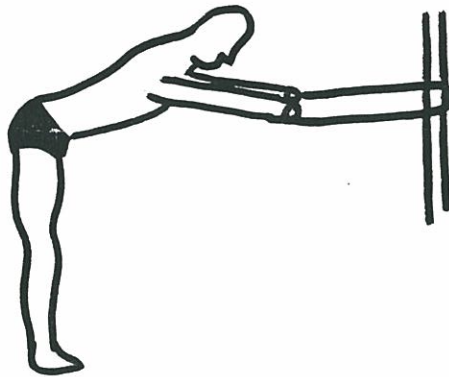
To stretch your chest and shoulders, start as in the above exercise. You may want to have your hands wider apart however. Keeping your arms straight, bring the cord over your head and behind your back.



Double up cord if desired. Grasp cord overhead with both hands. Pull out allowing cord to slip behind head down to neck.



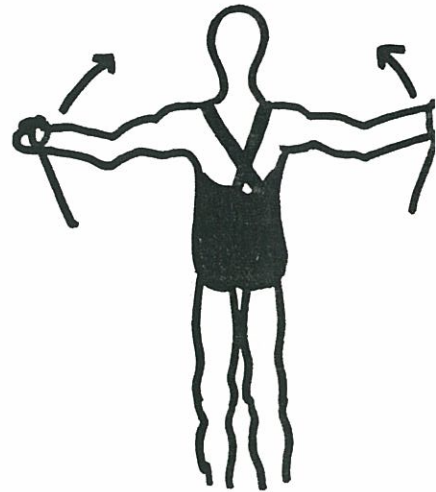
With palms facing floor and cord in fists, pull hands up to chin. Hand and elbow should be in line so that forearm is parallel to floor.



Many exercises can be done from this position:

- a) pull arms straight back until fully extended behind you - return to starting position same way in reverse
- b) alternate arms - similar to arm pulling when cross-country skiing.
- c) simulate breaststroke pull
- d) simulate fly pull

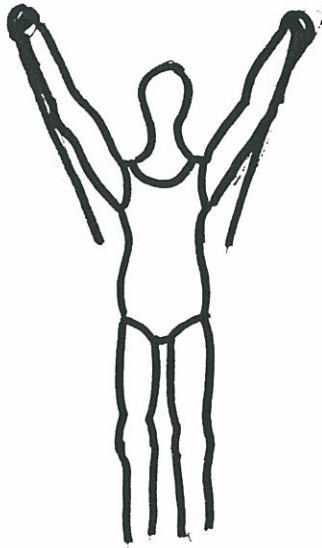
\* Be sure to keep knees bent



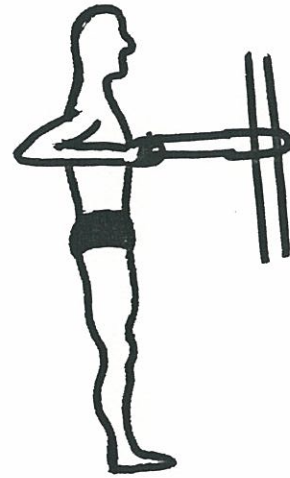
Cord is attached to wall behind swimmer. Keeping arms slightly bent, bring arms forward and together so that hands meet. Very similar to "flys" in weightlifting.



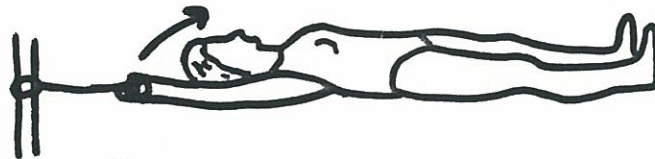
Straighten both arms at the same time.



Cord is attached to wall in front of swimmer (knee to waist height). Shown is finish position. Start with arms extended out in front of you, hands together at waist level. Keep arms straight and pull up into position shown above.



This is the finish position. Start with arms extended out at shoulder height, with ends of cord in fists. Pull back, bending elbows and trying to squeeze shoulder blades together.



Keeping arm straight, lift arm up and then down so that it is resting at your side. You can do this exercise with both arms using an alternating motion. Or, do both arms at the same time.