

Shoulder Exercises:



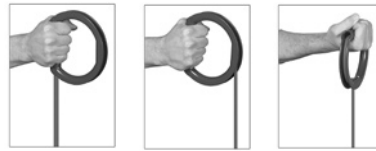
Flexion

Set the MARV Handles up in stirrup grip position. Hold the MARV Handles with your arms in front of your thighs and your palms facing your body. The tubing should project down from the center of the MARV Handles. The tubing should be secured from a position below the handles (i.e. step on it). The tubing should have some tension in it at this position. This is the starting point. Raise your arm to the front to 90° of flexion (shoulder level). Lower your arms and repeat for the recommended number of repetitions and sets.



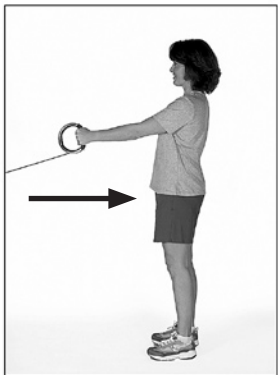
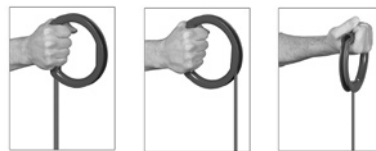
Flexion (unilateral)

Set the MARV Handle up in channel grip position. Hold the MARV Handle with your arm at your side and your thumb forward. The tubing should project down from the channel at the thumb side of the MARV Handle. The tubing should be secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. This is the starting point. Raise your arm to the front to 180° of flexion. Lower your arm and repeat for the recommended number of repetitions and sets.



Extension

Set the MARV Handles up in channel grip position. Hold the MARV Handles with a “thumbs up” position and the tubing projecting out from the channels at the pinky side of the MARV Handles. Your arms should be held in front of your body with elbows straight. This is the starting point. The tubing should be secured from a position in front of you at a level between waist and shoulder height (i.e. secure it over a door with the attachment device). The tubing should have some tension in it at this position. Pull your arms straight back while squeezing your shoulder blades back. Be sure to keep your wrists in neutral (do not allow it to bend). Return to the starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle increases the moment arm and keeps the tubing at an improved vector thereby increasing the work across the wrists and increasing the effective range of motion and tension during this exercise.



Extension (unilateral)

Set the MARV Handle up in channel grip position. Hold the MARV Handle with a “thumbs up” position and the tubing projecting out from the channel at the pinky side of the MARV Handle. Your arm should be held in front of your body with elbow straight. This is the starting point. The tubing should be secured from a position in front of you at level between waist and shoulder height (i.e. secure it over a door with the attachment device). The tubing should have some tension in it at this position. Pull your arm straight back while squeezing your shoulder blade back. Be sure to keep your wrist in neutral (do not allow it to bend). Return to the starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle increases the moment arm and keeps the tubing at an improved vector thereby increasing the work across the wrist and increasing the effective range of motion and tension during this exercise.





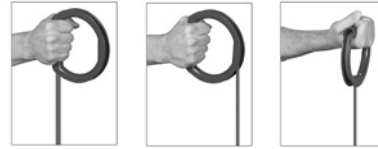
Abduction

Set the MARV Handle up in stirrup grip position. Hold the MARV Handle with your arms at your sides and your hands facing your body. The tubing should project down from the center of the MARV Handle. The tubing should be secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. This is the starting point. Raise your arms to shoulder level with palms down. Lower your arm and repeat for the recommended number of repetitions and sets.



Abduction (unilateral)

Set the MARV Handle up in channel grip position. Hold the MARV Handle with the palm of your hand facing front and the tubing projecting down from the channel at the thumb side of the MARV Handle. Your arm should be at your side. This is the starting point. The tubing should be secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. Raise your arm to the side (thumb up) to shoulder level. Lower your arm to your side and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.



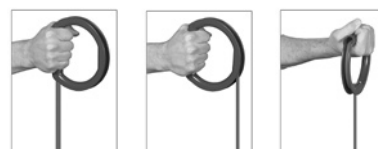
Adduction

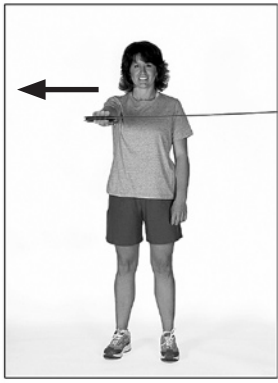
Set the MARV Handle up in stirrup grip position. Hold the MARV Handle with your arm held out to your side and your hand facing the floor. The tubing should project up from the center of the MARV Handle. The tubing should be secured from a position out to the side of the handle (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. This is the starting point. Pull your arm to your side keeping your elbow and wrist straight. Be sure to keep a slightly "loose" grip on the MARV Handle to allow it to swivel slightly in your hand as you perform this exercise. Allow your arm to return to the starting position and repeat for the recommended number of repetitions and sets.



Empty Can

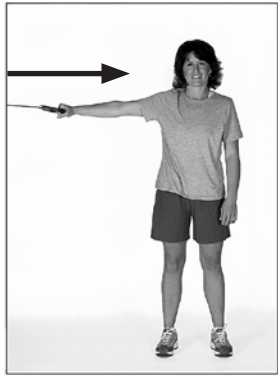
Set the MARV Handle up in channel grip position. Hold the MARV Handle with the palm of your hand facing back and the tubing projecting down from the channel at the pinky side of the MARV Handle. Your arm should be at your side. This is the starting point. The tubing should be secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. Raise your arm to the side, thumb down, to shoulder level. Your motion should be approximately 45° from the coronal plane. Lower your arm and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.





Horizontal Abduction

Set the MARV Handle up in channel grip position. Hold your arm in 90° flexion. Hold the MARV Handle palm down with the tubing projecting to the side (contralateral) from the channel at the pinky side of the MARV Handle. This is the starting point. The tubing should be secured from a position on the opposite side of your body at about shoulder height and approximately perpendicular to your arm (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. Horizontally abduct your arm to the side. Be sure to keep your elbow straight and your arm level (end point should be with humerus at 90° abduction in the transverse plane). Allow your arm to return to starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.



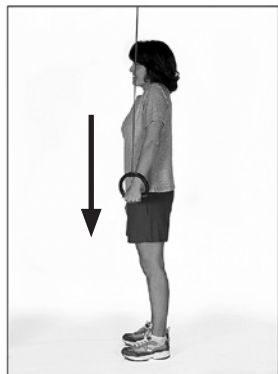
Horizontal Adduction

Set the MARV Handle up in channel grip position. Hold your arm in 90° abduction. Hold the MARV Handle palm down with the tubing projecting to the side (ipsilateral) from the channel at the thumb side of the MARV Handle. This is the starting point. The tubing should be secured from a position on the same side of your body at about shoulder height and approximately parallel to your arm (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. Horizontally adduct your arm to the front. Be sure to keep your elbow straight and your arm level (end point should be with humerus at 90° flexion in the transverse plane). Allow your arm to return to starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.



Shrugs

Set the MARV Handle up in stirrup grip position. Hold the MARV Handles with your arms at your sides and your hands facing your body. The tubing should project down from the center of the MARV Handle. The tubing should be secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. This is the starting point. Shrug your shoulders up, keeping your elbow straight. Allow your shoulder to lower to a “shrugged down” position and repeat for the recommended number of repetitions and sets.



Depressions

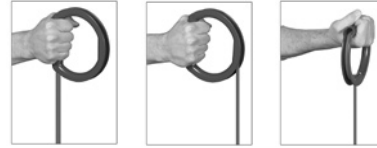
Set the MARV Handle up in stirrup grip position. Hold the MARV Handle with your arm at your side and your hand facing your body. The tubing should project up from the center of the MARV Handle. The tubing should be secured from a position above the handle (i.e. secure it over a door with the attachment device). The tubing should have some tension in it at this position. This is the starting point. Shrug your shoulder down, keeping your elbow straight. Allow your shoulder to return to a “shrugged up” position and repeat for the recommended number of repetitions and sets.





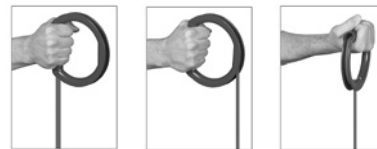
External Rotation

Set the MARV Handle up in channel grip position. Hold your humerus in abduction (to 90°) and your elbow bent to 90°. Allow your arm to rotate to the front. Hold the MARV Handle with thumb side up and the tubing projecting forward from the channel at the thumb side of the MARV Handle. This is the starting point. The tubing should be secured from a position in front of the handle at about head height (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. Rotate your arm back (externally rotate). Be sure to keep your humerus in 90° abduction and your elbow bent to 90°. Allow your arm to return to starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.



Internal Rotation

Set the MARV Handle up in channel grip position. Hold your humerus in abduction (to 90°) and your elbow bent to 90°. Allow your arm to rotate to the rear. Hold the MARV Handle with thumb side up and the tubing projecting backward from the channel at the pinky side of the MARV Handle. This is the starting point. The tubing should be secured from a position behind of the handle at about head height (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. Rotate your arm to the front (internally rotate). Be sure to keep your humerus in 90° abduction and your elbow bent to 90°. Allow your arm to return to starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.



External Rotation

Set the MARV Handle up in channel grip position. Hold your upper arm at your side (with a roll between your body and humerus) and your elbow bent to 90°. Allow your arm to rotate to the front. Hold the MARV Handle with palm up and the tubing projecting across your body from the channel at the thumb side of the MARV Handle. This is the starting point. The tubing should be secured from a position to your side, and slightly below elbow level (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. Rotate your arm out to the side (externally rotate). Be sure to keep your humerus at your side and your elbow bent to 90°. Allow your arm to return to starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.



Internal Rotation

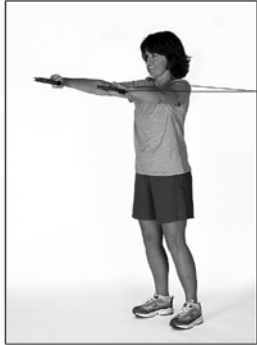
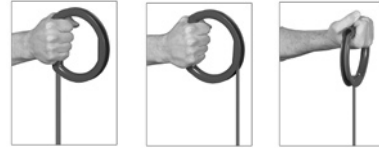
Set the MARV Handle up in channel grip position. Hold your upper arm at your side (with a roll between your body and humerus) and your elbow bent to 90°. Allow your arm to rotate to the side. Hold the MARV Handle with palm up and the tubing projecting across your body from the channel at the pinky side of the MARV Handle. This is the starting point. The tubing should be secured from a position to your side, and slightly above elbow level (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. Rotate your arm inwards, across your body (internally rotate). Be sure to keep your humerus at your side and your elbow bent to 90°. Allow your arm to return to starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of motion.





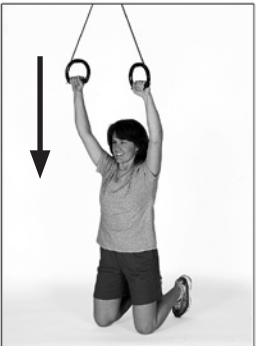
Shoulder Presses

Set the MARV Handles up in channel grip position. Hold the MARV Handles with your arms held at shoulder height, palms facing forward. The tubing should project down from the channel at the pinky side of the MARV Handles. This is the starting point. The tubing should be secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. This is the starting point. Press your arms overhead. Be sure to keep a tight grip on the MARV Handles and keep your wrists in neutral (do not allow them to bend). Return to the starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle increases the moment arm and keeps the tubing at an improved vector thereby increasing the effective range of motion and tension during this exercise.



Chest Press

Set the MARV Handles up in channel grip position. Hold the MARV Handles with your arms held at shoulder height, elbows out to the sides (humerus abducted to ~80°) palms facing down. The tubing should project back from the channel at the pinky side of the MARV Handles. This is the starting point. The tubing should be secured from a position behind you (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. This is the starting point. Press your arms to the front. Be sure to keep a tight grip on the MARV Handles and keep your wrists in neutral (do not allow them to bend). Return to the starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle increases the moment arm and keeps the tubing at an improved vector thereby increasing the effective range of motion and tension during this exercise.



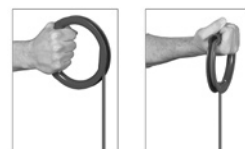
Lat Pull Down

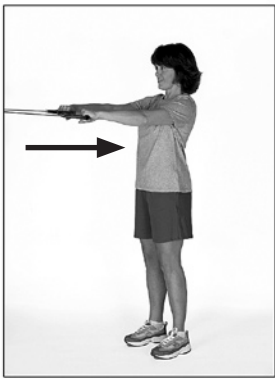
Set the MARV Handles up in channel grip position. Hold the MARV Handles with your arms held overhead, palms facing forward. The tubing should project up from the channel at the pinky side of the MARV Handles. This is the starting point. The tubing should be secured from a position above the handle (i.e. secure it in a door with the attachment device). The tubing should have some tension in it at this position. This is the starting point. Pull your arms down keeping your elbows pointed towards the floor. Be sure to keep a tight grip on the MARV Handles and keep your wrists in neutral (do not allow them to bend). Return to the starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle increases the moment arm and keeps the tubing at an improved vector thereby increasing the effective range of motion and tension during this exercise.



Rowing

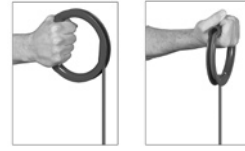
Set the MARV Handles up in channel grip position. Hold the MARV Handles with a “thumbs up” position and the tubing projecting out from the channel at the pinky side of the MARV Handles. Your arms should be in front of your body with elbows slightly bent and upper arms at your sides. This is the starting point. The tubing should be secured from a position in front of you at about chest height (i.e. secure it over a door with the attachment device). The tubing should have some tension in it at this position. Pull your elbows back while squeezing your shoulder blades together down and back. You should also maintain a slightly downward pressure on the tubing at the pinky side of the MARV Handles. Be sure not to move your head or shrug your shoulders upwards. Return to the starting position and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the force vector to pull slightly upwards during this exercise, requiring increased activity of the latissimus dorsi.





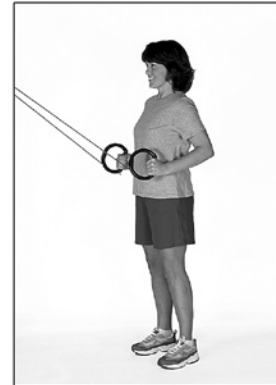
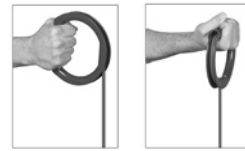
Rowing (variation 1)

This exercise is the same as “Rowing” (see above) with the following modifications: Set the MARV Handle up in one of the suggested grip positions. Hold the handles with palms facing down. Starting position is with elbows flared to the sides/humerus abducted to $\sim 90^\circ$.



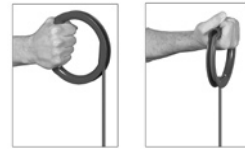
Rowing (variation 2)

This exercise is the same as “Rowing” (see above) with the following modifications: Set the MARV Handle up in one of the suggested grip positions. Set tubing in door with attachment at head height (tubing is at $\sim 45^\circ$ angle with the door). Hold the handles with palms facing down. Starting position is with elbows flared to the sides/humerus abducted to $\sim 45^\circ$.



Rowing (variation 3)

This exercise is the same as “Rowing” (see above) with the following modification: Set the MARV Handle up in one of the suggested grip positions. Set tubing in door with attachment at head height (tubing is at $\sim 45^\circ$ angle with the door).



Rowing (variation 4)

This exercise is the same as “Rowing variation 3” (see above) with the following modifications: Set the MARV Handle up in one of the suggested grip positions. Set tubing in door with attachment at head height (tubing is at $\sim 45^\circ$ angle with the door). Start seated in a long sit position with arms extended to face height.

