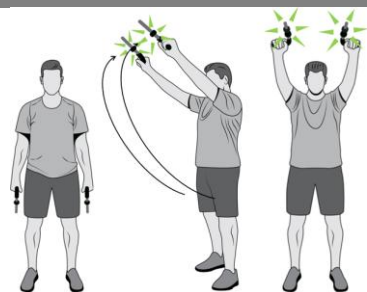


Go-Arm Exercise Chart

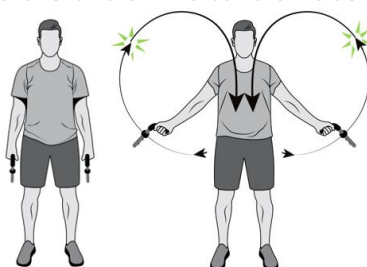


1. Front Raise (Shoulder Flexion)

Using **Grip 1**, with arms at your sides, raise your arms forward and overhead until you hear the click.

Lower to start and repeat.

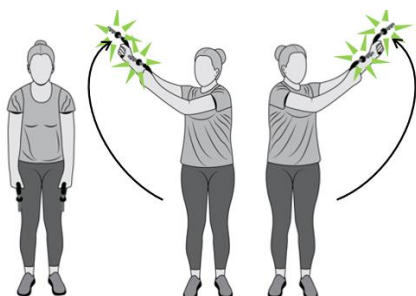
Band users: Stand on the band or tube.



3. Big Side Circles

Using **Grip 1**, with arms at your sides, raise your arms in a wide sideways arc and overhead until you hear the click. Complete the circle with arms forward and repeat.

Band users: Stand on the band or tube.



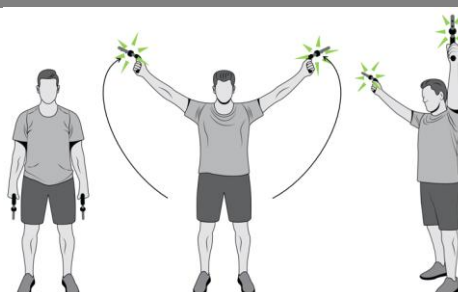
5. Shoulder Side Swings

Using **Grip 1**, with arms at your sides, raise both arms to the same side until you hear the click.

**Keep head and torso rotation to a minimum.*

Lower to start, repeat to the opposite side, then repeat.

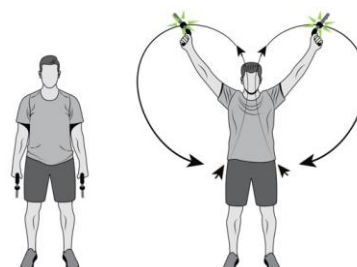
Band users: Stand on the band or tube.



2. 3/4 Raise (Shoulder Scaption)

Using **Grip 1**, with arms at your sides, raise your arms **midway to the side and overhead** until you hear a click. Lower to start and repeat.

Band users: Stand on the band or tube.

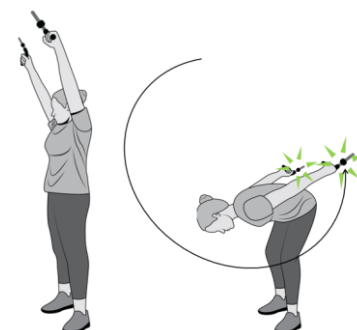


4. Big Front Circles

Using **Grip 1**, with arms at your sides, raise your arms **forward and overhead** until you hear the click.

Complete the circle **in a wide sideways arc** and repeat.

Band users: Stand on the band or tube.

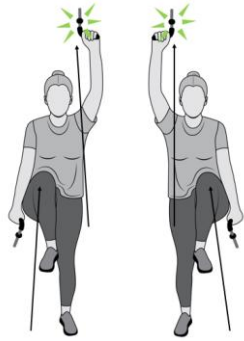


6. Big Swing Throughs

Using **Grip 2**, raise your arms forward and high overhead past the click. Lower back down **past the starting position and into a full bow, bending deep at the waist and partially squatting while extending arms behind** until the click.

Return to the starting position and repeat.

Band users: Stand on the band or tube.

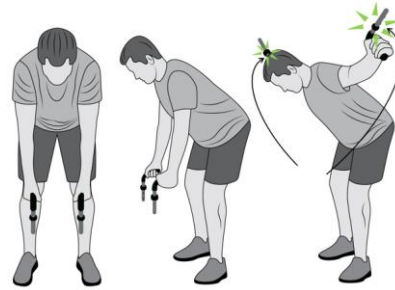


7. Marching Raises

Using **Grip 1**, raise one arm forward and high overhead past the click, while simultaneously raising the opposite knee high.

Return to the starting position and repeat to the opposite side.

Band users: Secure band low and behind you.

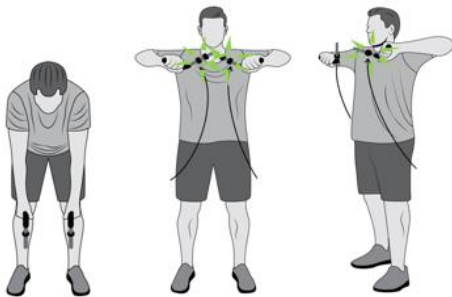


8. Bent Over Lateral Raise

Bend 45 degrees at the waist and slightly at the knees. Using **Grip 1**, keeping your arms straight, raise your arms up to the side until you hear the click.

Lower to start and repeat.

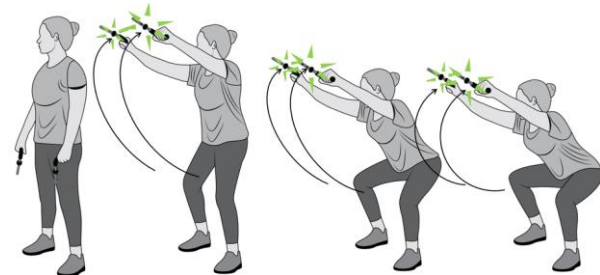
Band users: Stand on the band or tube.



9. Full-body Row

Using **Grip 1**, do a partial squat, then as you stand up, raise your elbows high and to the side as you pull your hands just below shoulder height and hear the click. **Do not raise your hands higher than your elbows.* Lower to start and repeat.

Band users: Stand on the band or tube.

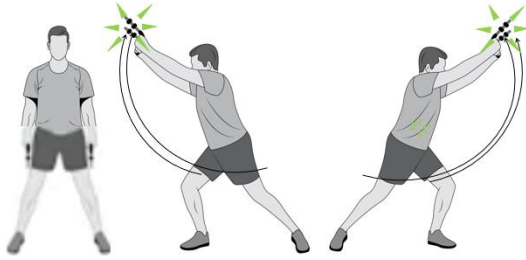


10. Squats

Holding Go-Arm in **Grip 1**, bend at the knees and slowly drop as low as you can comfortably go while raising your arms directly in front of you. **Place a chair or stool behind yourself as a target or for support as needed.*

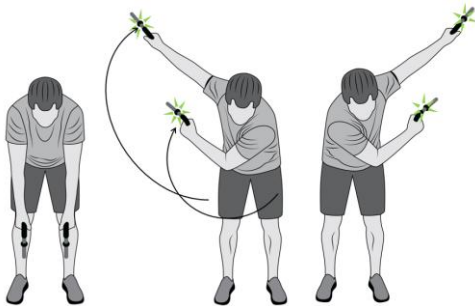
Return to start and repeat.

Band users: Stand on band or secure it low and behind you.



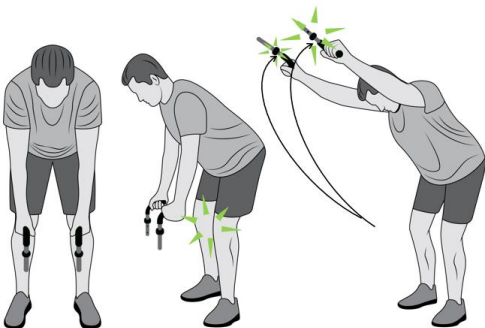
11. Swinging Side Lunges

Using **Grip 1**, stand with your legs comfortably wider than your shoulders and feet angled outward about 45 degrees, arms at your sides. **Bob down and come back up leaning to one side**, while simultaneously **raising both arms to that side until you hear the click**. **Always bend knee bends directly in line with your foot.* Return to the starting position and repeat to the opposite side.



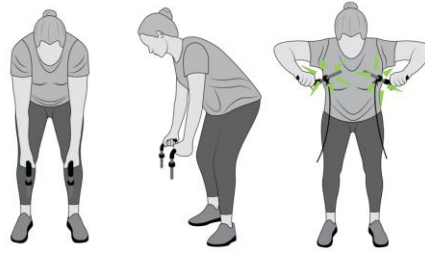
13. Bent Over Shoulder Swings

Bend 45 degrees at the waist and slightly at the knees. Using **Grip 1**, raise **both arms to the same side** until you hear the click. **Do not rotate the head or waist.* Lower to start and repeat to the opposite side.



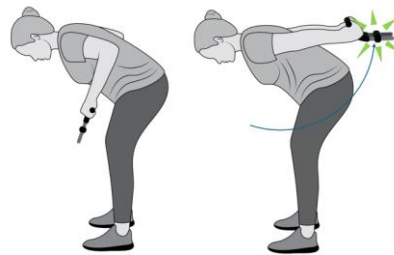
15. Bent Over Front Raise

Bend 45 degrees at the waist and slightly at the knees. Using **Grip 1**, raise your arms **up and forward** until you hear the click. Lower to start and repeat.



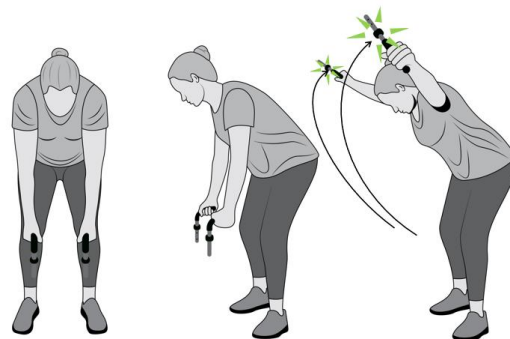
12. Bent Over Rowing

Bend 45 degrees at the waist and slightly at the knees. Using **Grip 1**, **raise your elbows high and to the side** as you **pull your hands just below shoulder height** and hear the click. **Do not raise your hands higher than your elbows.* Lower to start and repeat.
Band users: Secure band low and in front.



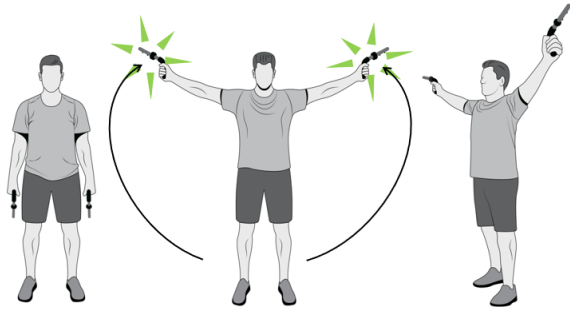
14. Bent Over Triceps Kickback

Bend 45 degrees at the waist and slightly at the knees. Using **Grip 1**, with your arms locked to your side, **bend at the elbows to raise up** until you hear the click. **adjust the angle of your body as necessary to get the click.* Lower to start and repeat.



16. Bent Over 3/4 Raise

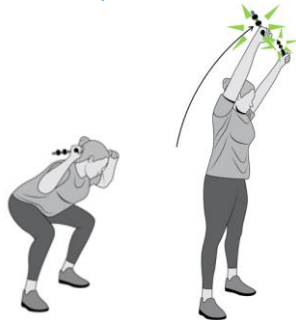
Bend 45 degrees at the waist and slightly at the knees. Using **Grip 1**, raise your arms **up and out on a 45-degree angle** until you hear the click. Lower to start and repeat.



17. Side Raise (Shoulder Abduction)

Using **Grip 1**, with arms at your sides, raise your arms **to the side and overhead** until you hear a click.

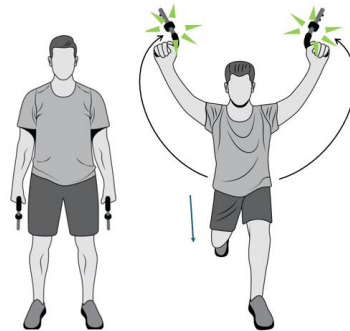
Lower to start and repeat



18. Triceps Raise

Using **Grip 1**, with elbows raised in line with ears, **bend at the elbows to raise up** until you hear the click.

Lower to start and repeat.



19. Squat to press

Using **Grip 3**, stand in the Overhead Press position (see Exercise 8). **Squat** (Bend your knees and lower yourself as if sitting in a chair), **then stand up while pressing Go-Arm overhead**. **Place a chair or stool behind yourself as a target or for support as needed.*

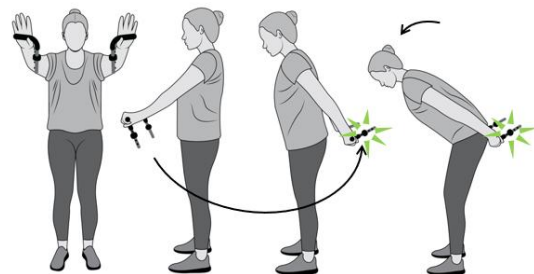
Return to start and repeat



20. Reverse Lunges with Scaption

Using **Grip 1**, take a **long step backward with one leg** while raising your arms forward at 45 degrees until you hear the click. **Do not let your front knee bend more than 90 degrees.*

Stand back up to the starting position and repeat.



21. Overhead (Shoulder) Press

Using **Grip 3**, with elbows raised to shoulder height, hands positioned just behind your ears, **push your arms up overhead on a slightly forward angle** until you hear the click. **Shrug at the top.*

Lower to start and repeat.

22. Shoulder Extension

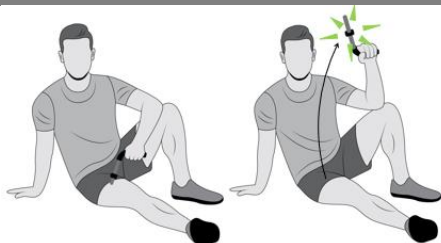
Using **Grip 2**, with arms forward at your sides, **push (extend) your arms backwards and up** until you hear the click. **Bend slightly forward if necessary.*

Lower to start and repeat. until you hear the click.

**Bend slightly forward if necessary.*

Lower to start and repeat.

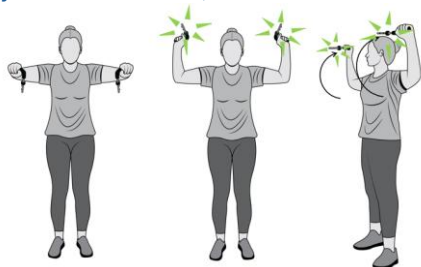
Go-Arm Rehabilitation Exercises



45-degree External rotation

Sit with one knee raised so you can put your elbow on that knee. Using **Grip 2**, lower your arm 45-degrees and then rotate it upwards.

When you hear the click, rotate back and repeat.

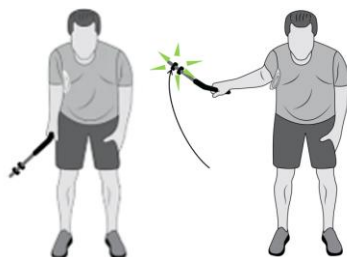


Standing External Rotation

Using Grip 2, bend your elbows and raise your arms to 90 degrees to the side (your hands are pointed in front of you and Go-Arm is pointing **at the floor**).

Rotate your arm rearward at the shoulder.

When you hear the click, rotate back and repeat.

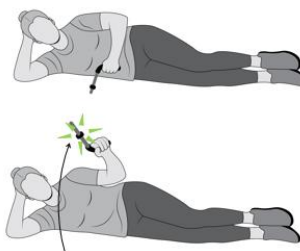


Bent Over External Rotation

Bend 45 degrees at the waist and slightly at the knees. **Hold one Go-Arm in a modified **Grip 1A** (slightly rotated) as shown.*

With a towel roll under your arm, hold your arm at your side and bend the elbow to 90 degrees. **While keeping the elbow bent to 90 degrees, rotate your arm to the outside.**

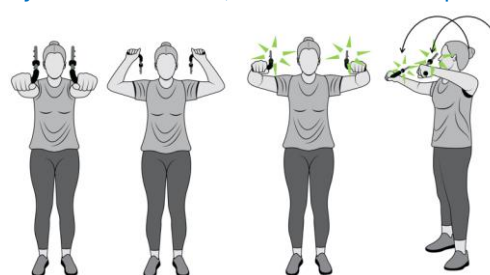
When you hear the click, lower to start and repeat.



Side-Lying External Rotation

Lay on your side with a rolled hand towel under your elbow. Holding Go-Arm in **Grip 2**, rotate your arm up towards the ceiling.

When you hear the click, rotate back and repeat.



Standing Internal Rotation

Using **Grip 3**, bend your elbows and raise your arms to the side at 90 degrees (your hands are pointed at the ceiling and Go-Arm is pointing **behind you**).

Rotate your arm forward at the shoulder

When you hear the click, rotate back and repeat.