- **Tubing Double External Rotations**
  Keeping the elbows at the side and bent 90 degrees, roll the arms outward against the tubing.

- **Tubing Double Horizontal Abductions**
  Keeping the arms straight and horizontal to the ground, pull the arms out to the side against the tubing.

- **Low Tube/Cable Scapular Squeezes**
  Standing with rubber tubing looped around a door handle, (or using a cable machine), elbows straight, pull the arms back to the side, squeezing the shoulder blades together and pull the arms back.