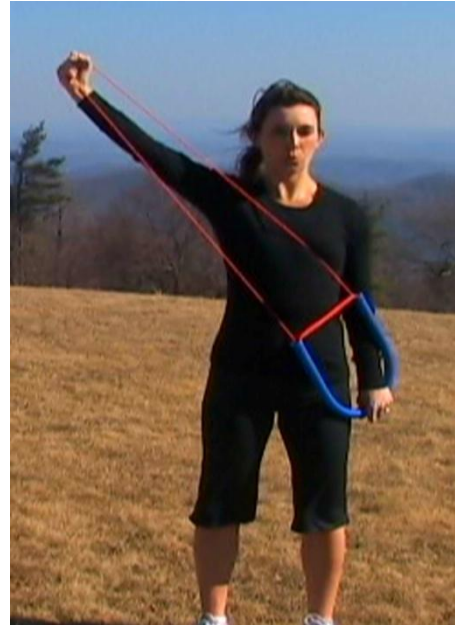
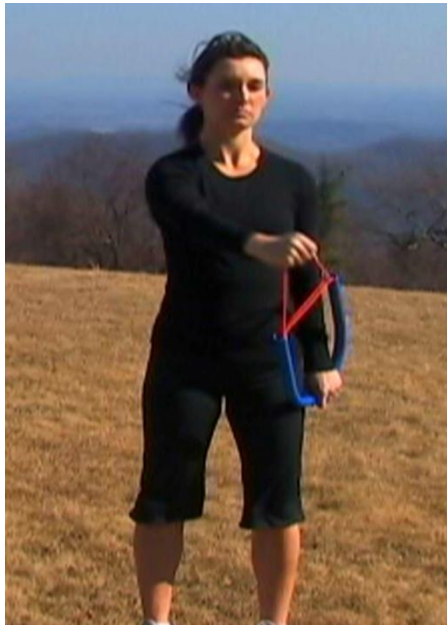
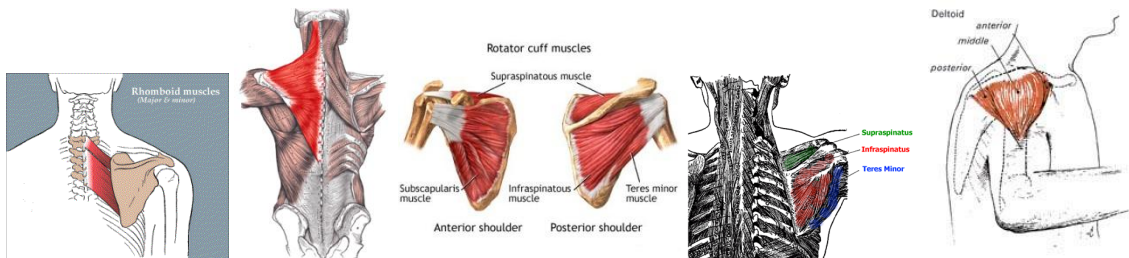


# Diagonal Extension

Hold the Cuflinec at the hip on the opposite side of your exercise arm, with the bands facing upward. Choose your resistance and keeping your exercise arm straight, move in a diagonal path across your exercise shoulder.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week. All routines are done standing unless noted otherwise



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The primary muscles used in this exercise are the rhomboids, the middle trapezius, the infraspinatus, the teres minor, and the posterior deltoid.