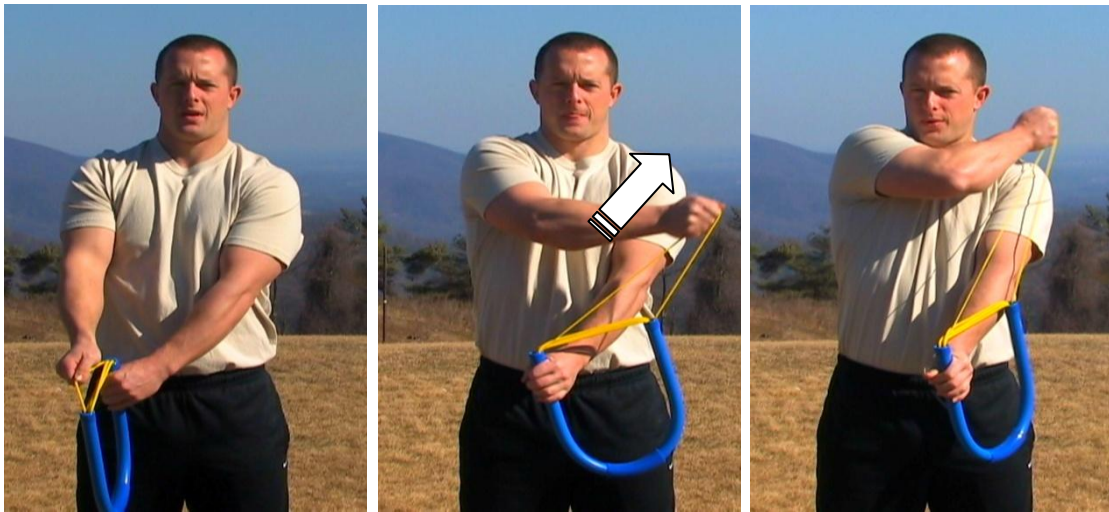
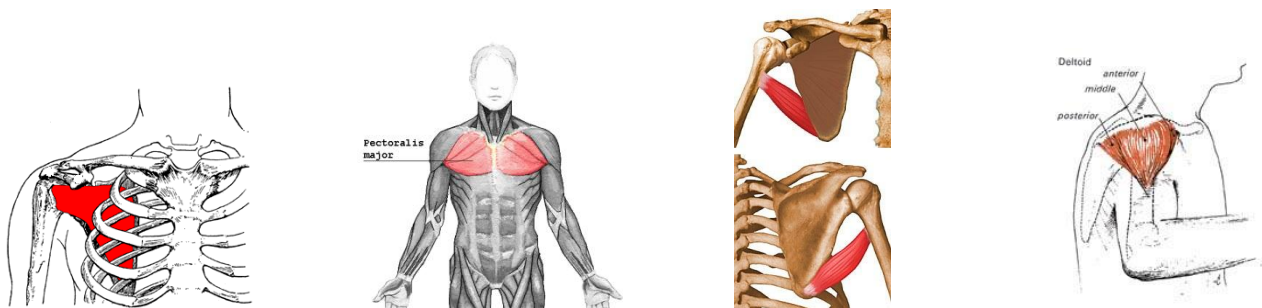


# Diagonal Flexion

This exercise is performed by holding the Cuflinec near the open end of the tube, with the bands facing upward. Place the tube on the hip of the same side as the arm being exercised. Choose your resistance and move in a diagonal path from your hip across the opposite shoulder.



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



The primary muscles used in this exercise are the subscapularis, the pectoralis major, the teres major, and the anterior deltoid.