

Elbow Extension

Hold the Cuflic tube across your upper back at the shoulder that will be exercised, with the bands facing upward. Choose your resistance with a bent elbow, then straighten the elbow toward the ceiling or the sky. Keep your elbow in an upright position.



Option 1

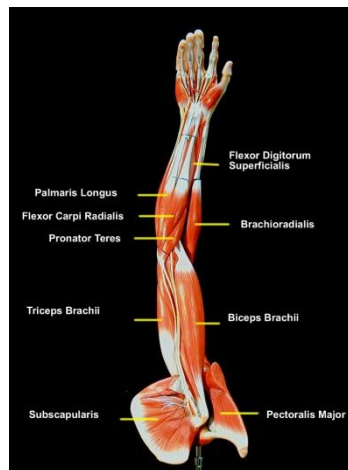
www.cuflic.com

Option 2

Cuflic Held High

Cuflic Held Low

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 muscle used in this exercise is the triceps.