

# External Rotation

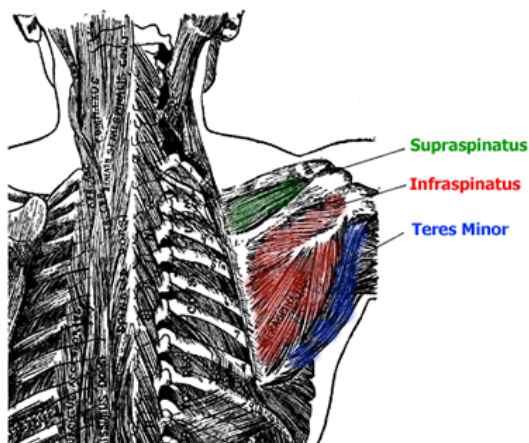
Hold the Cuflic in front of you with both arms, elbows bent to 90 degrees and pressed to your sides. Choose your resistance and rotate the exercise arm outward, away from the handle. Keep the non-exercise arm still.

[www.cuflic.com](http://www.cuflic.com)



Men average between 45 and 55 degrees and women about 65 degrees from the front perpendicular outward.

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 infraspinatus and the teres minor.