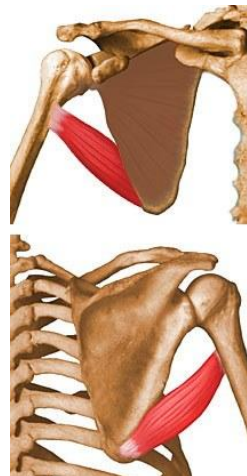
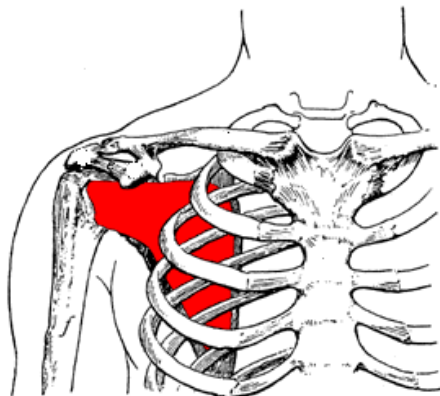


Internal Rotation

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 inward, toward the handle. Keep the non-exercise arm still.



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



The primary muscles used in this exercise are the subscapularis and the teres major.