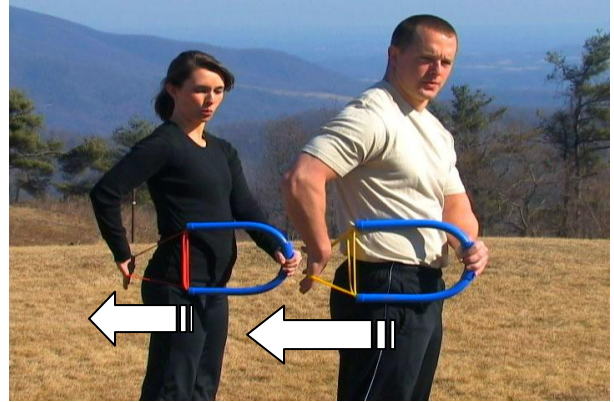


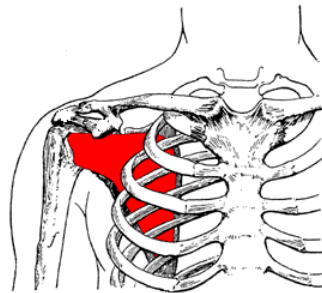
Lift Off

Hold the Cuflinec at the exercise side hip, with the tubes facing backward. Choose your resistance and have the exercise arm bent to 45 degrees at the elbow and the back of the hand on your rear pocket. Move away from your pocket, keeping your arm position in a “flipper”-like manner.



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 muscle used in this exercise is the subscapularis.