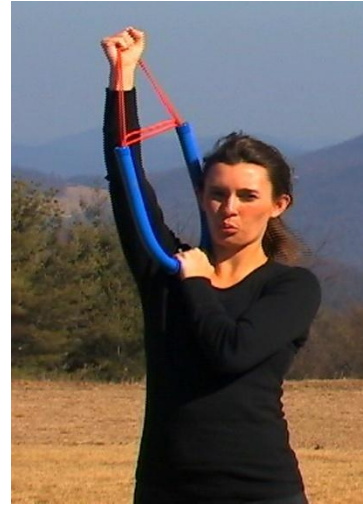
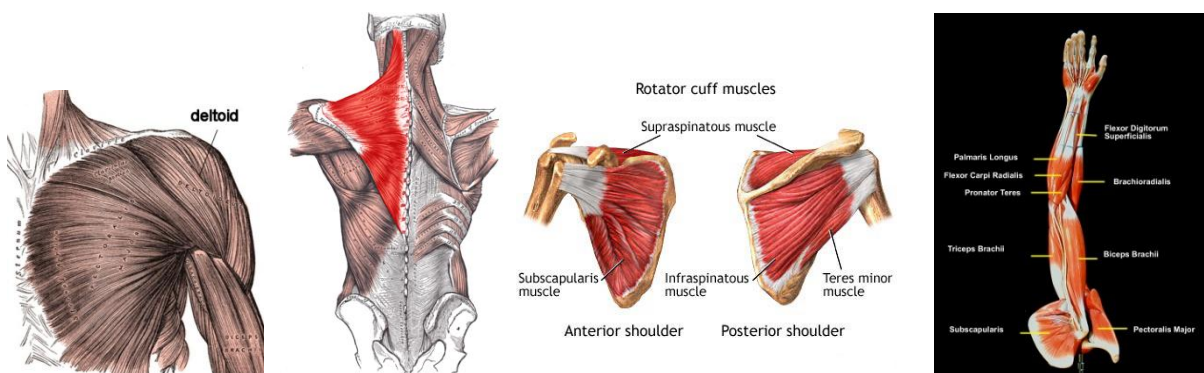


Military Press

Hold the Cuflic chest high, inside the exercise arm and with the bands facing upward. Choose your resistance and with the exercise arm bent to 90 degrees, straighten it upward.



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 deltoid, the trapezius, the supraspinatus, and the triceps.

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