

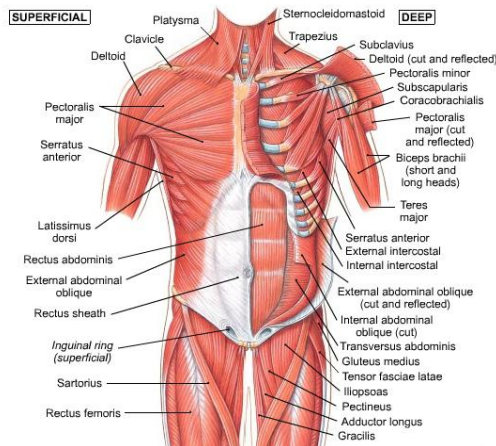
# Scapula Abduction

Hold the Cuflic in front of you with both arms straight.

Choose your resistance and keeping your exercise arm straight, move it 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.



The primary muscles used in this exercise are the anterior deltoid, the serratus anterior, the pectoralis major, and the pectoralis minor.