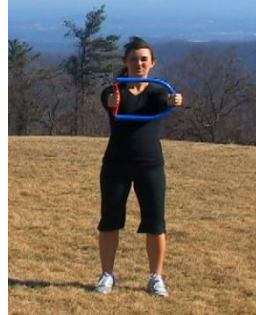


Scapula Adduction

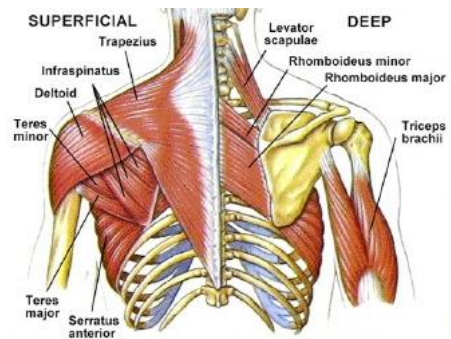
Hold the Cuflinec in front of you with both arms straight.



Choose your resistance and keeping your exercise arm straight, move it outward, until perpendicular to your trunk. 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.



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The primary muscles used in this exercise are the rhomboids, the posterior deltoid, and the middle trapezius.