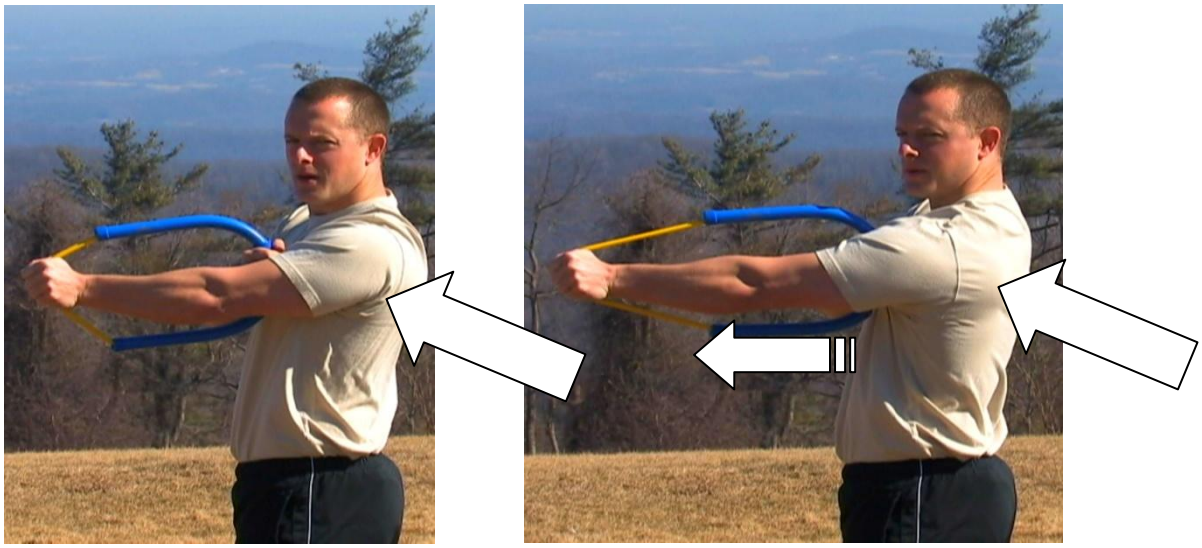
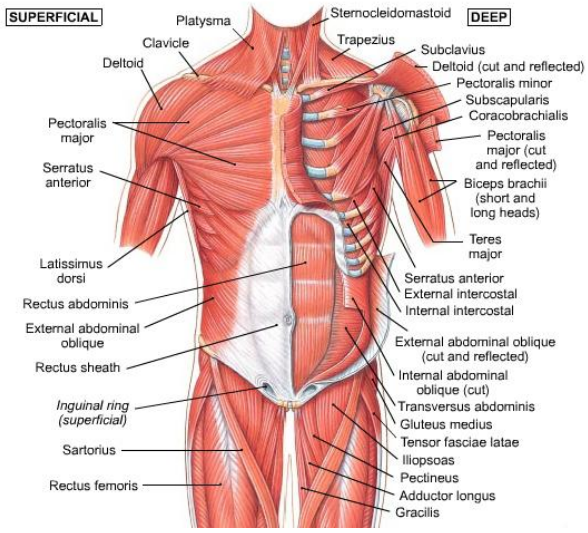
Scapula Protraction

Hold the Cuflinc at the exercise shoulder with the bands facing forward.

Choose your resistance and keeping your exercise arm straight, press forward about 6 inches.



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 serratus anterior.