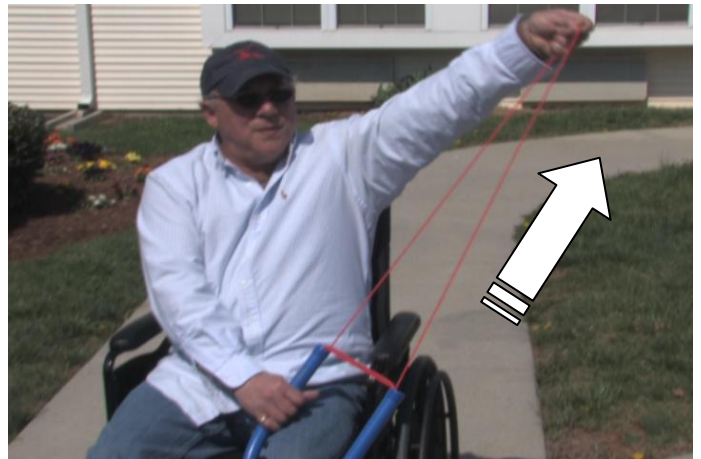
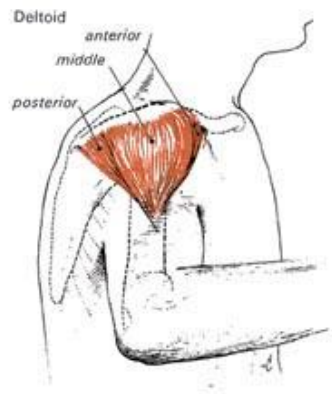


Wheelchair Shoulder Abduction

Hold the Cuflinec with both arms at your thighs. Choose your resistance and keeping the exercise arm straight, move it upward toward the ceiling or the sky. Arm position is to the side of your body and about 30 degrees forward of perpendicular.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.



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The primary muscle used in this exercise is the middle deltoid.