

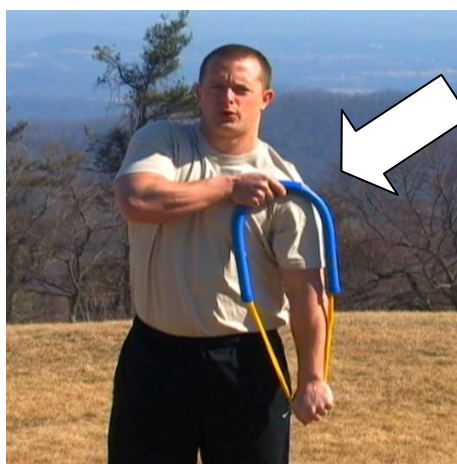
# Shoulder Depression

Hold the Cufline handle at the exercise side shoulder, with the bands pointed down.

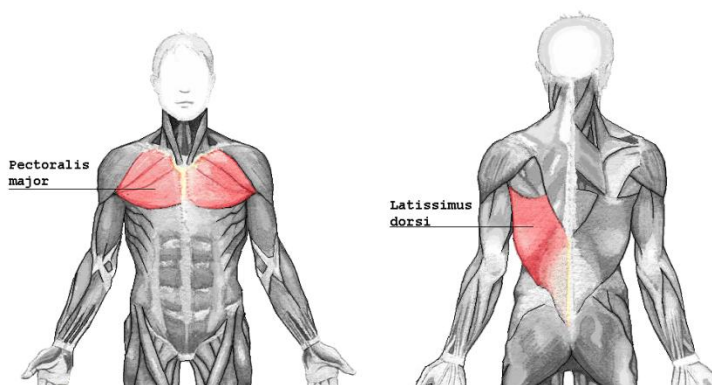
[www.cufline.com](http://www.cufline.com)



Choose your resistance and keeping your exercise arm straight, push down.



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 pectoralis major and the latissimus dorsi.