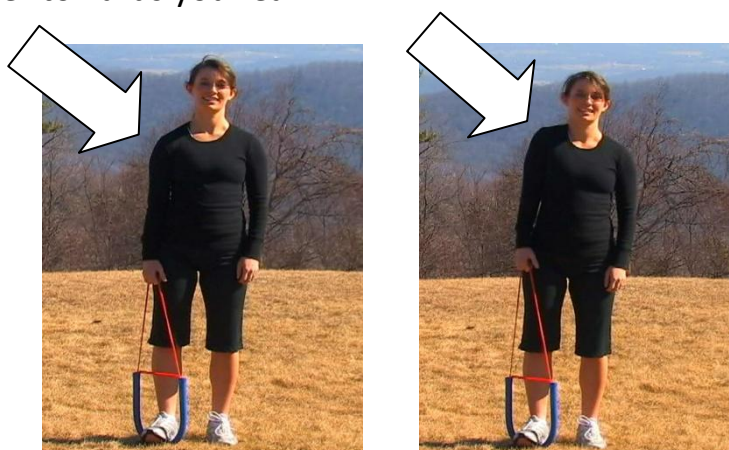


# Shoulder Elevation

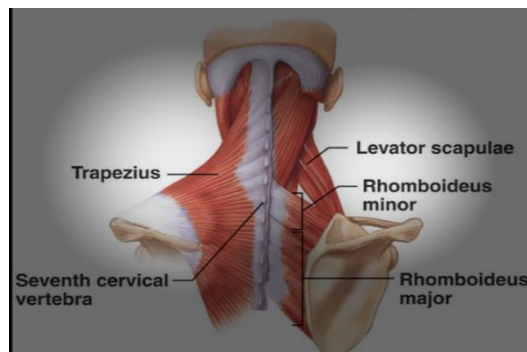
Place the Cuflic handle under your exercise side foot.



Choose your resistance and keeping your exercise arm straight, raise your shoulder towards your ear.



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 upper trapezius and the levator scapulae.