

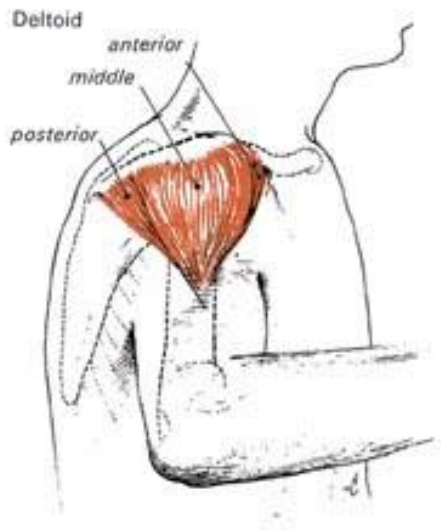
Shoulder Extension

Hold the Cuflic with both arms at your thigh. Choose your resistance and keeping the exercise arm straight, move it backward.



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



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