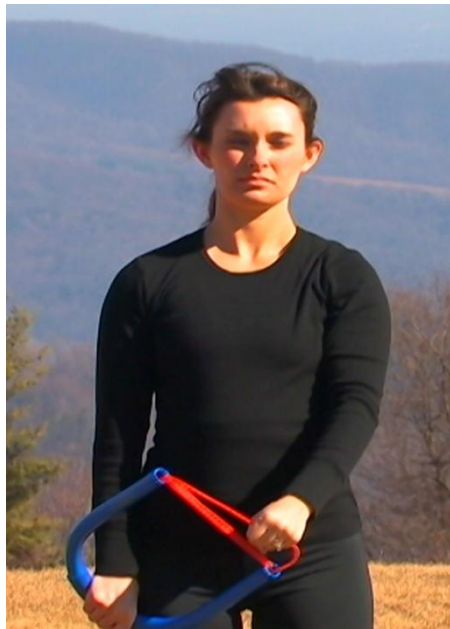


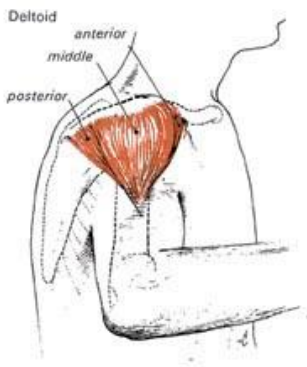
Shoulder Flexion

This exercise is very similar to diagonal extension, the difference being that in this exercise the arm rises straight up instead of diagonally. Hold the Cufflinc with both arms at your sides, one hand holding the handle and the other holding the bands. Choose your resistance and keeping your exercise arm straight, move it upward, toward the ceiling or sky. Keep the non-exercise arm still.



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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 muscle used in this exercise is the anterior deltoid.