

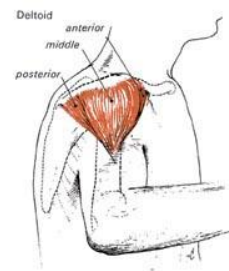
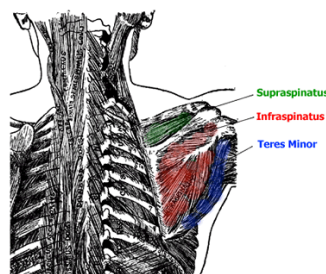
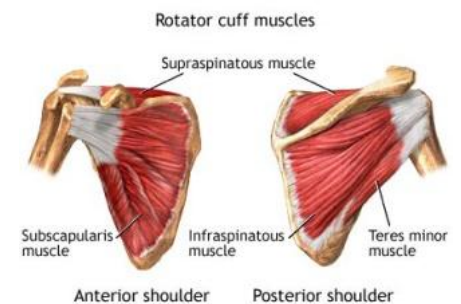
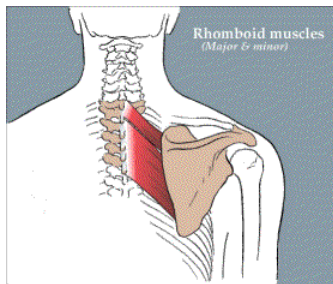
# Wheelchair Diagonal Extension

Hold the Cuflic handle beside your non-exercise side knee. Choose your resistance and keeping your arm straight, pull across your exercise side shoulder.

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



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



The primary muscles used in this exercise are the rhomboids, the middle trapezius, the infraspinatus, the teres minor, and the posterior deltoid.