

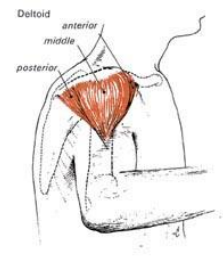
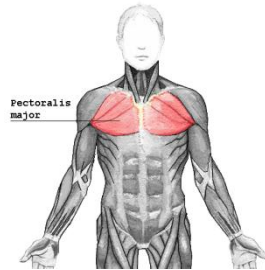
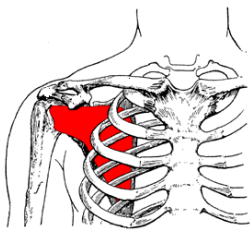
Wheelchair Diagonal Flexion

Hold the Cuflic handle at the knee of the opposite side of the exercise shoulder. Choose your resistance and move in a diagonal path from your hip across the opposite shoulder.

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 subscapularis, the pectoralis major, the teres major, and the anterior deltoid.