

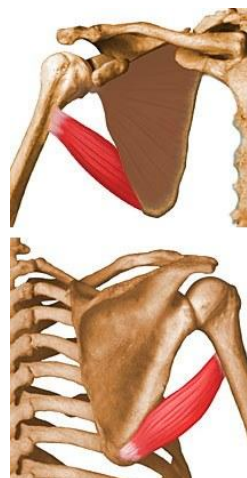
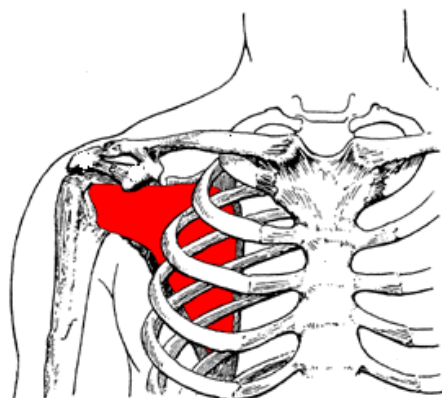
Wheelchair Internal Rotation

Hold the Cufline in front of you with both hands. The elbows should be tight to your sides and bent about 90 degrees. Choose your resistance and keeping the handle still, rotate the exercise arm inward, toward the handle. Keep the non-exercise arm still.

www.cufline.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 and the teres major.