

Wheelchair Lift Off

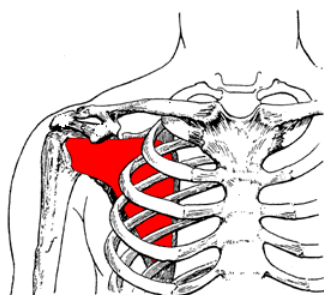
Hold the Cuflinec at the exercise side hip on the outside of the chair, with the tubes facing backward.



Choose your resistance and have the exercise arm bent to 45 degrees at the elbow and the back of the hand near your rear pocket. Move away from your pocket, keeping your arm position in a “flipper”-like manner. Average distance is about 6 inches. This position may be difficult to achieve for some wheelchair users.



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



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The primary muscle used in this exercise is the subscapularis.