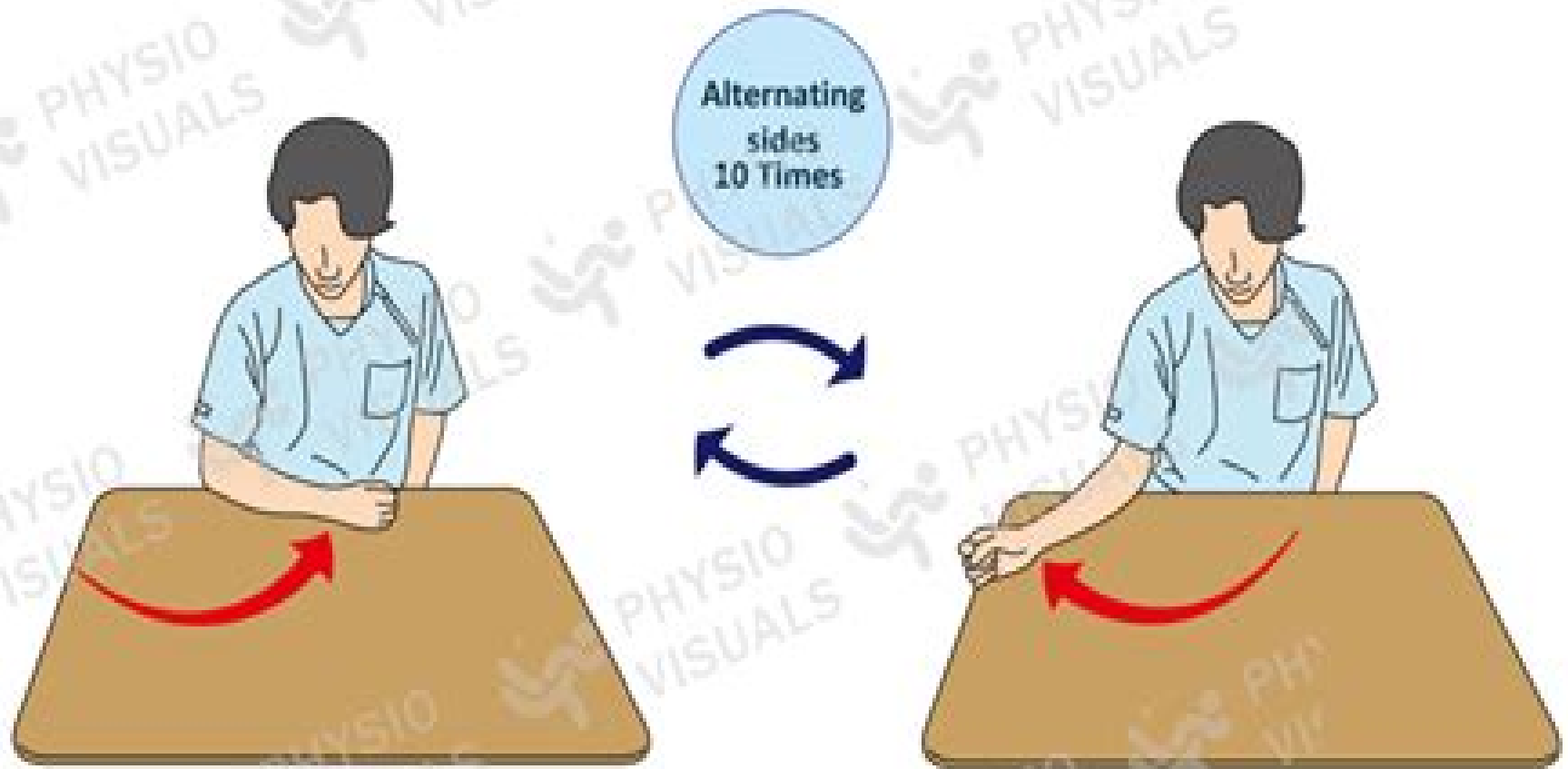


Shoulder internal/external rotation movement



Place your arms on the table and keep elbows are at the right angle.

Using the elbow as a fulcrum, open and close the arm as far as possible.

Cybex Shoulder Internal External Rotation Manual

D Siedentop

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