

Shoulder Abduction with External Rotation

Type: Strength

Muscle(s) Worked: Deltoids, rotator cuff, pectorals and postural muscles of the upper back

Equipment Needed: Light hand weights

INSTRUCTIONS:

1. Hold a light dumbbell in both hands
2. Have both palms facing behind you
3. Keep your arms straight and lift them straight in front of you
4. When your shoulders/arms are in line with your ears, rotate your palms so they face each other.
5. Slowly open your arms up to the side and stop at 90 degrees, hold for 3-5 seconds
6. Reverse the action that you just performed.
7. Lift your arms back up to the ear level and then rotate your hands back to face behind you and lower your arms back to your side
8. Repeat.

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