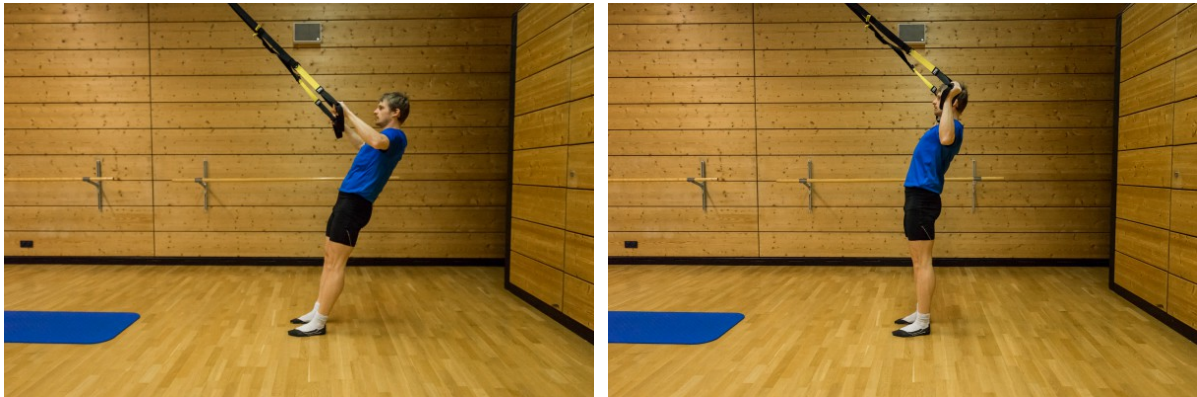


Rotation of the shoulder - Group: Rotation of the shoulder



Tags

Type of exercise: Partial body exercise

Number of persons: One

Muscle Primary: Arm, Shoulder

Muscle Secondary: Back, Abdominis

Difficulty: Difficulty level 1

Other: 1 Sling, Shoulder height

Description

1. In the case of angled arms, arms rotate upwards in the shoulder of the shoulder. The angle of elbow does not change. The body is erected. 2. The arms rotate back into the starting position.

Advice

Try to maintain the body tension over the entire movement.