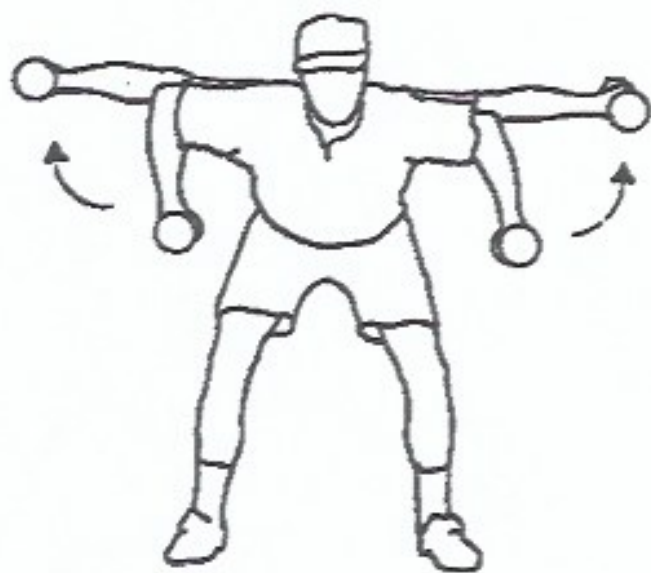


or table. Bring elbows to shoulder height first. then extend arms straight out until parallel with ground. Keep arms extended and return to original position. Option: Rotate thumbs down with extension.



Front view



Side view with wall

Exercise #10: Start with weights hanging at sides, palms facing back. Lift arms (together or one at time) until elbow and forearm are at a 90-degree angle, then extend weight out and up to shoulder height. Reverse sequence to starting position. Option: Turn thumbs up in a hitchhike movement with the lift.

