
Internal / External Rotations

Internal Rotations

Standing sideways onto the cable pulley/resistance band, adjust the band/cable to belly button height. Keep the elbow close to the side, take hold of the handle, forearm pointing towards the cable column. Internally rotate the shoulder towards the body, the elbow must remain fixed to the side, until the forearm is across the stomach



External Rotations

Standing sideways onto the cable pulley/resistance band, adjust the band/cable to belly button height. Keep the elbow close to the side, take hold of the handle, with the hand furthest away from the cable attachment (forearm across the stomach). Keep the elbow close to the torso (against the side). Externally rotate the shoulder away from the cable column until the arm is positioned roughly parallel to the body.

