Title: External Cable Shoulder Rotation

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Adjust a cable machine to have the pulley handle be at the height as your elbow. Stand sideways next to the cable machine while holding the handle in the opposite hand.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">TIghten your core and keep your feet planted firmly. Slowly pull the handle across your body only moving the forearm.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your hand is outside of your body, pause and feel the tension in the shoulder muscle. Slowly return to the starting position but do not allow the weight plate to touch the stack.</span></li>

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