Title: Internal Cable Shoulder Rotation

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand next to a cable machine with your left side facing it. Make sure the cable handle has been adjusted to the height of your lower chest. Hold the handle in your left hand. Stand tall with your chest up and core braced.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by shifting your left hand across your body. Your left upper arm should remain in place, held close to your side.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause once the handle has moved across your body and slowly release to the starting position.</span></li>

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