

# Motion<sup>2</sup>

## Challenge

Design a triceps and shoulder workout for someone with a weakened arm

## Solution

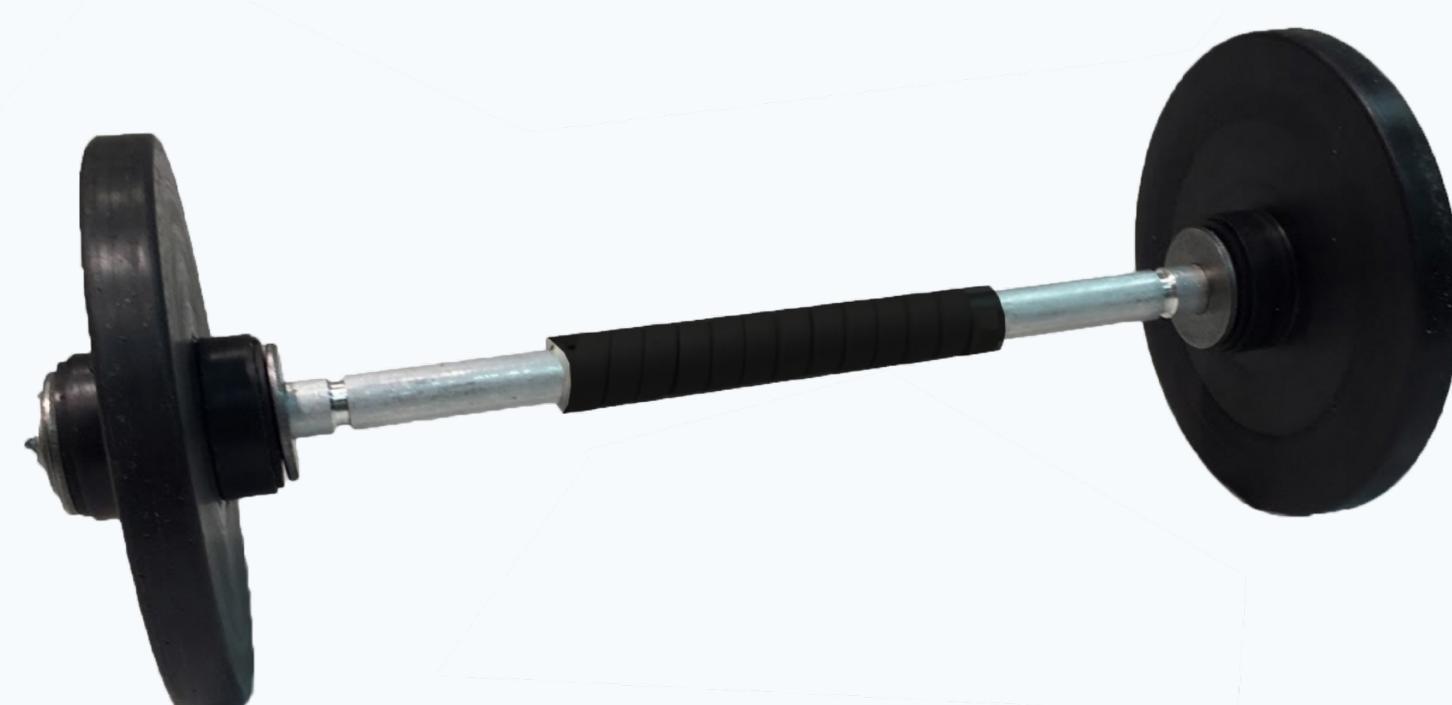
An easily adjustable device that allows users to stretch and strengthen their triceps and shoulders through multiple exercises



### Key features:

- Multiple elastic bands provide increased resistance
- Hooks keep bands in place

lightweight wheels



ergonomic grip

durable steel construction



hooks for elastic bands

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