



**Cable Internal Rotation**

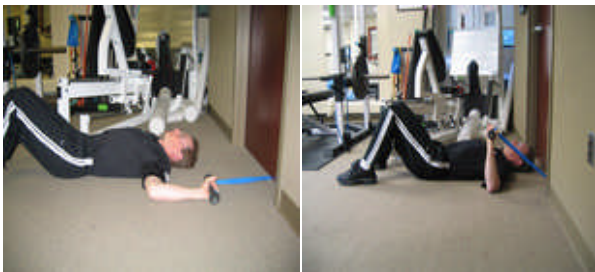
Standing with elbow bent to 90 degrees, against body, and keeping shoulder down. Hold handle of cable and rotate inward. Return to start in a controlled motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

Notes:

A.T.  
G.F.  
F.T.



**Floor internal rotation**

Lie on back and grasp band with weight. Internally rotate arm for 1 sec and externally rotate for 4 secs.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

Notes:

A.T.  
G.F.  
F.T.