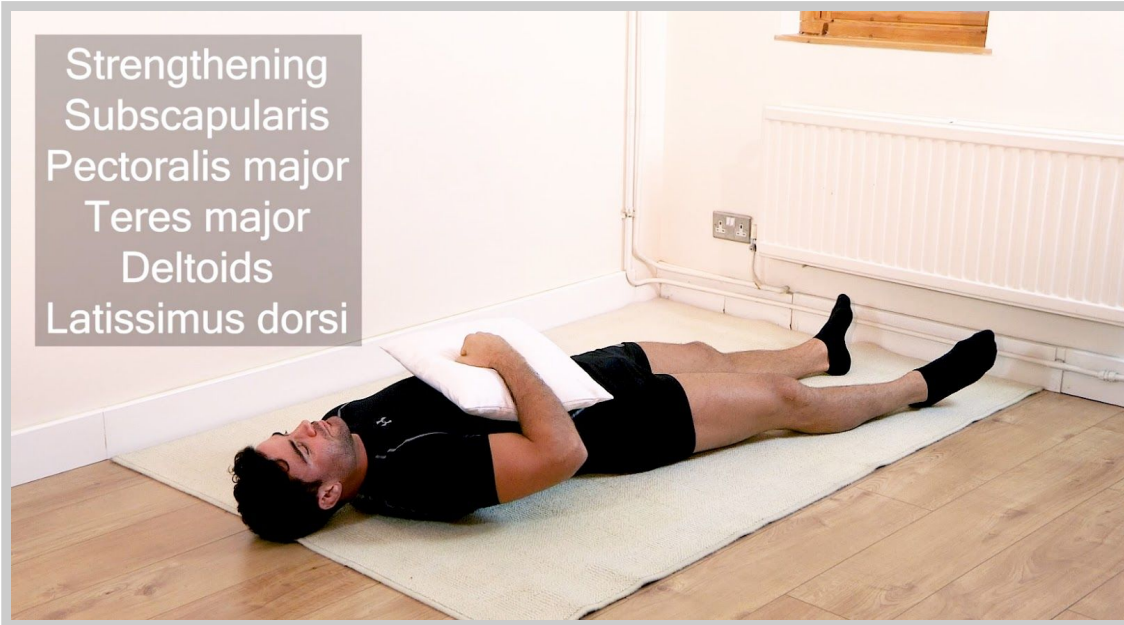


# STRENGTHENING SHOULDER INTERNAL ROTATOR

SHOU141

Strengthening  
Subscapularis  
Pectoralis major  
Teres major  
Deltoids  
Latissimus dorsi



## AREAS AFFECTED

Subscapularis  
Pectoralis major  
Teres major  
Deltoids  
Latissimus dorsi

## ADVICE

Lie on the floor face up. Place a pillow over your chest and abdomen. Flex your elbow and place your hand on the pillow. Push the pillow with your hand towards your body. Hold, rest and repeat.