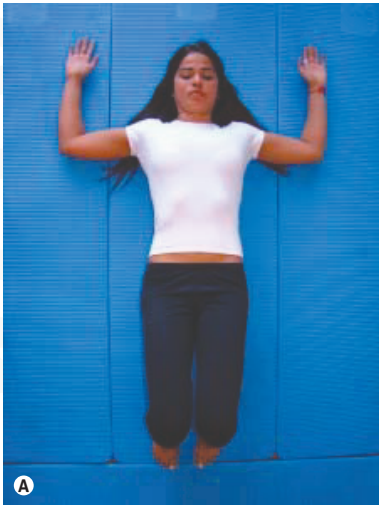


IMPORTANT: THE USER MUST START IN A COMFORTABLE AND STABLE POSITION
- Please refer to the User's Guide *prior* to beginning any exercises



Oov - Arm Positions

Arm Activations Internal Rotation



Arm Activations External Rotation

