



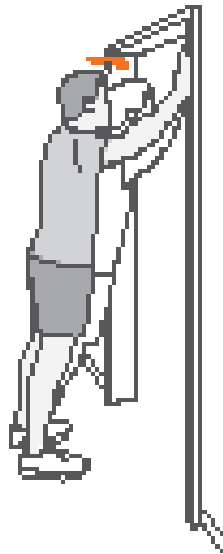
- Holding a bar/stick raise the hands away from body



Overhead pulley exercises



Rotational movements



Leaning in to door/wall