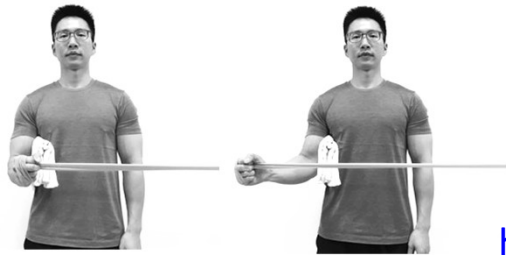


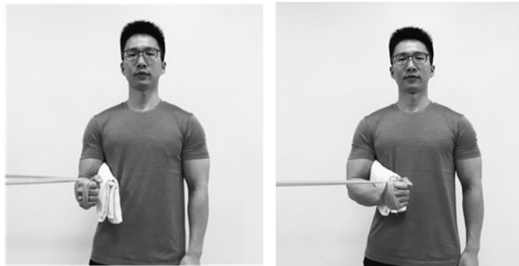


External Rotation



<https://tinyurl.com/yy632mmm>

Internal Rotation



<https://tinyurl.com/mnh4wrch>

Scapular Protraction



<https://tinyurl.com/tzjxefej>



Scapular Retraction



<https://tinyurl.com/8bxsn8z6>

Low Row



<https://tinyurl.com/spt6kkyw>