

# Nesar Systems

“Working Hard to Speed Up Healing”

## Straight Arm Punch at 60/40 Degrees

### **Muscles recruited:**

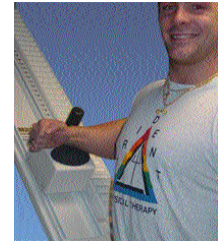
- Serratus anterior



## Abduction Exercise:

### **Muscles recruited:**

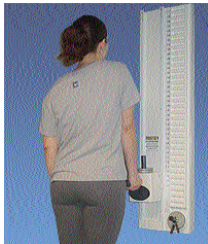
- Superspinatus
- Medial deltoid
- Upper trapezuis



## GH Joint Elevation (shoulder shrugs):

### **Muscles recruited:**

- Trapezuis (upper & middle fiber)
- Levator scapulae



## GH Horizontal Abduction (reverse flies)

### **Muscles recruited:**

- Posteroir deltoid
- Infraspinatus
- Teres minor
- Latissimus dorsi



## GH Extension (back row)

### **Muscles recruited:**

- Posteroir deltoid
- Infraspinatus
- Teres major /minor
- Subscapularis
- Biceps



## Bicep Curl / Elbow Flexion

### **Muscles recruited:**

- Biceps brachi (Short & Long)
- Biceps branchialis



## GH Flexion (shoulder flexion) at 90 Degrees

### **Muscles recruited:**

- Anterior deltoid
- Biceps brachi
- Triceps
- Coracobrachialis
- Pectoralis



## GH Flexion at 60 / 40 Degrees

### **Muscles recruited:**

- Anterior deltoid
- Biceps
- Triceps
- Pectoralis major



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