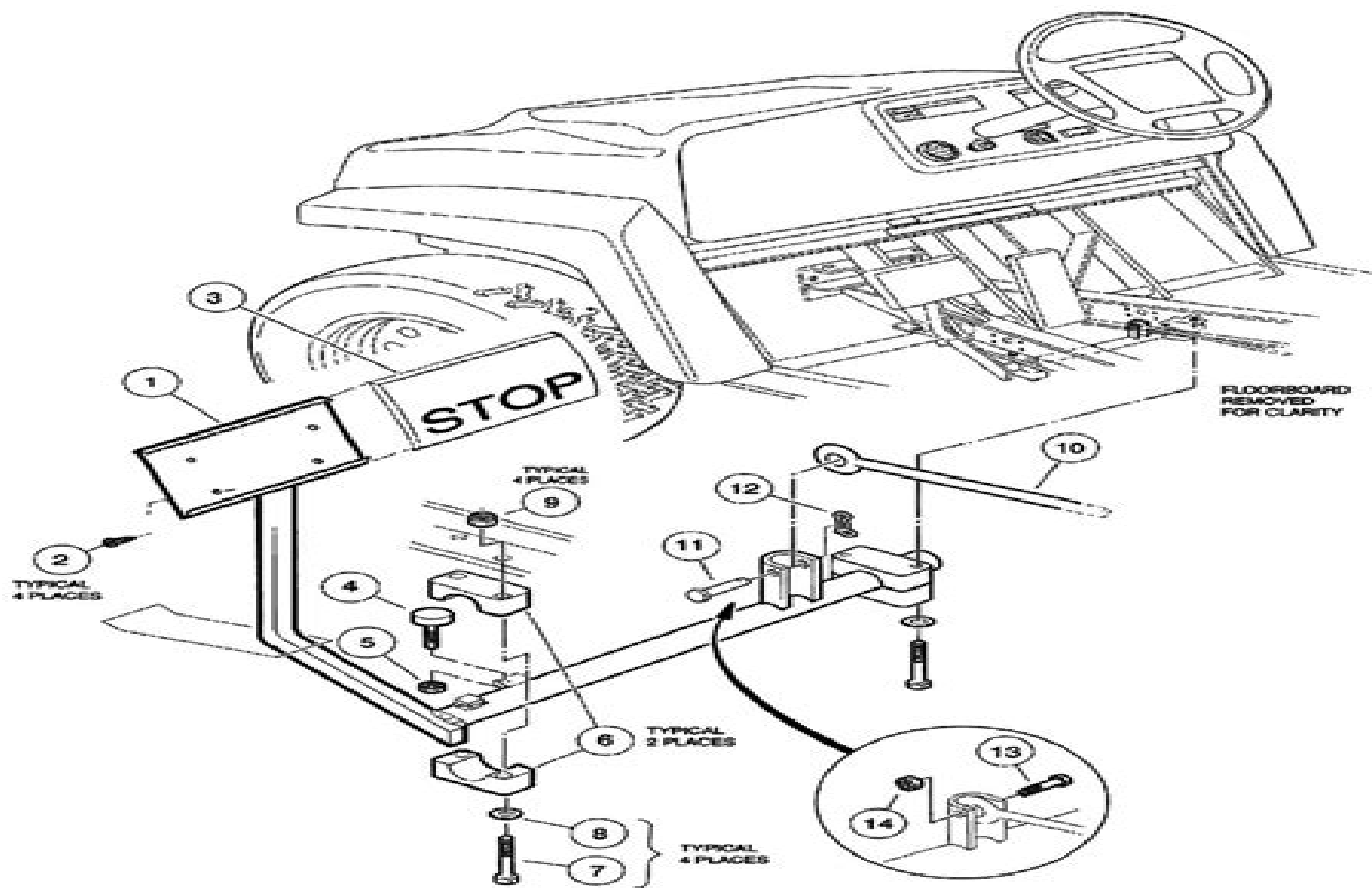




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degrees and the elbow at a 90 degree angle rotate the hand and arm slowly backward and then return slowly to the start position theraband internal rotation at 90° stand with the theraband attached behind you

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