



Figure 5 Sword: (a) start position, (b) final position.

The sword

- _ Move the origin of the cable or tubing to waist height.
- _ Grasp the handle near your opposite hip.
- _ Starting with light to medium resistance perform scapular setting (pulling your shoulder back and down).
- _ Turn your body towards the apparatus (see [Fig. 5a](#)).
- _ Gradually turn your hips and body away from the apparatus as you pull with your arm across your body towards your shoulder.
- _ As your elbow comes across your body allow your hand to reach upwards to finish the movement (see [Fig. 5b](#)).