



## 107 Rotator Cuff Exercises: To Build, Protect and Maintain a Healthy Rotator Cuf (Paperback)

By Zach Calhoon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hey. How is your shoulder? Do you want to stop rotator cuff pain and build a strong durable shoulder for life? You can. Starting today. Most shoulder issues come from a weak posterior and internal rotation immobility (lack of strength and range of motion on the back side of your shoulder). In this comprehensive guide, you will strengthen your posterior cuff to an elite level. And With the proper focused stretching, you will increase shoulder mobility and flexibility. To build the knowledge and experience to complete this guide took many years. Every exercise has been researched and completed to maximize shoulder health, in the shortest possible time. The importance of this guide all started from shoulder pain and the struggle to recover. Once the proper exercises were discovered. Shoulder health became easy. In this guide you will be walked through 107 exercises that clearly show how to care for a rotator cuff at your own pace. Each workout is simple and easy to understand. You will get clear instruction of the movement, the feeling, the focus, key points, reps...



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