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# BULLETPROOF YOUR SHOULDER (PAPERBACK)



Dog Ear Publishing, 2014. Paperback Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A bulletproof shoulder is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder Program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes...

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- Authored by Jim Johnson PT
- Released at 2014



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