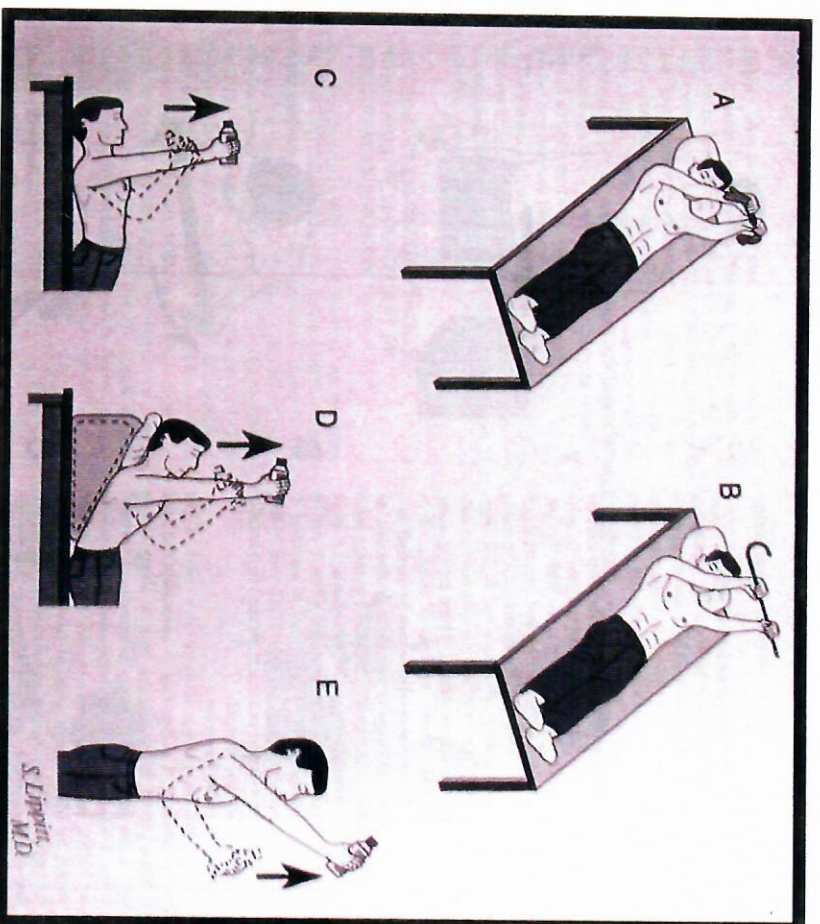
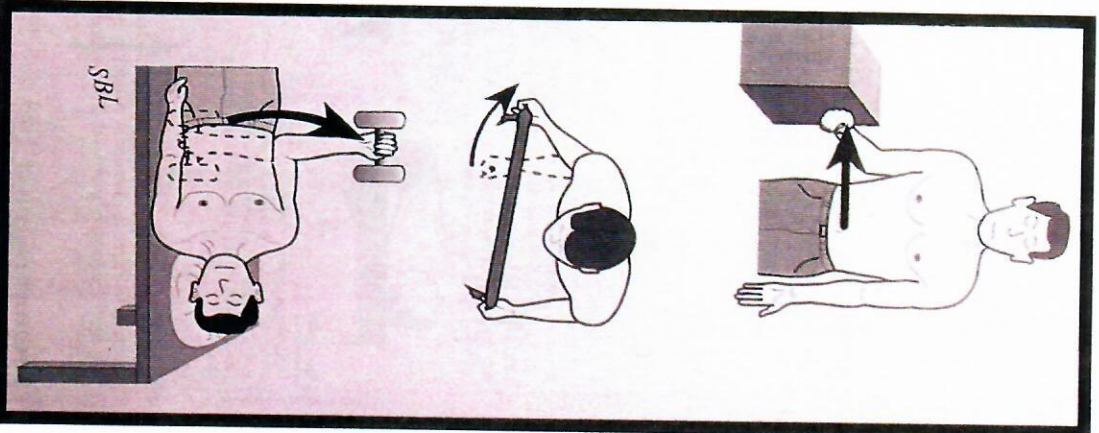
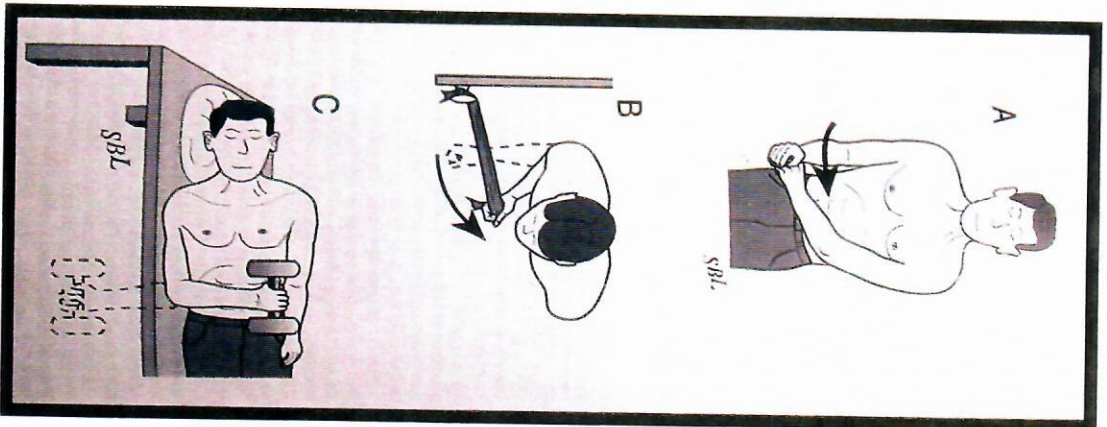
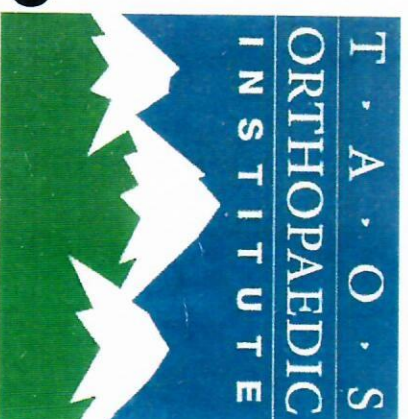


# SHOULDER STRENGTH EXERCISES



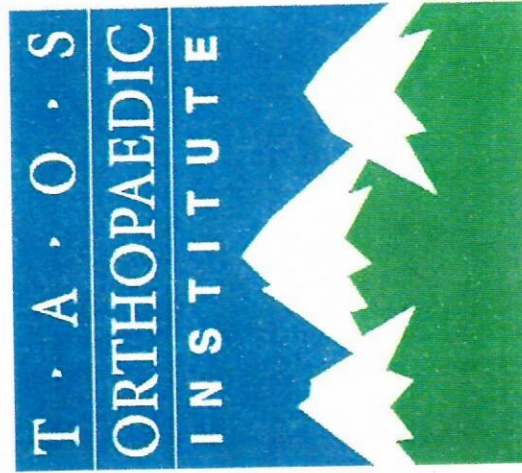
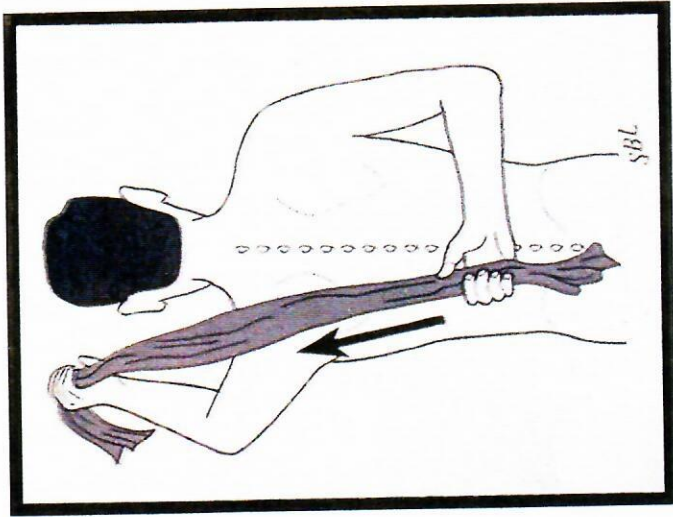
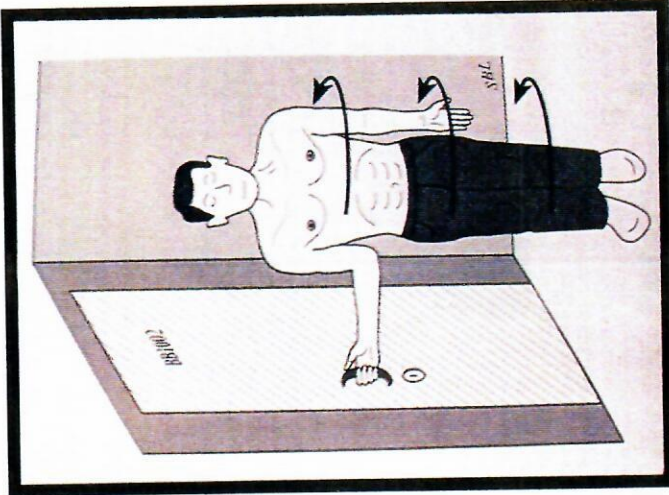
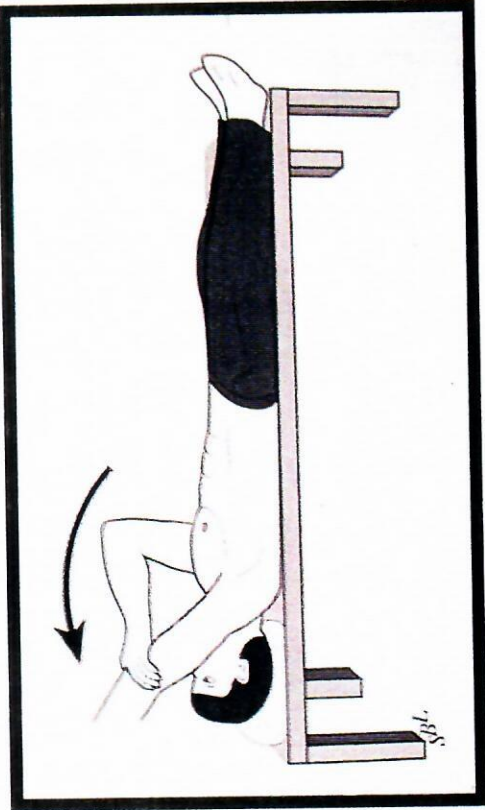
Diagrams courtesy of The Shoulder-WB Saunders 1999

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# SHOULDER STRETCHES



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