



# Stretch Out Strap Shoulder Girdle and Arm Work (8217)

*Pat Guyton*

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## **Stretch Out Strap Shoulder Girdle and Arm Work (8217)** Pat Guyton

The exercises presented in this book by Pat Guyton are specific for the shoulder girdle using the Stretch Out Strap. The book shows how to exercise the upper body and how to implement good arm work into an active strength and conditioning program. Using the Stretch Out Strap is great for restoring proper range of motion in the shoulder girdle and can often relieve neck and upper back tension due to restoration of optimal posture. Good posture fosters better balance, ease in movement and more success in everyday activities. The exercises are simple and can be performed in your home or gym.

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