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Workout - Duration: ...

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The Seven-Minute Rotator Cuff Solution by Joseph Horrigan and Jerry Robinson (1990, Trade Paperback)

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The 7-Minute Rotator Cuff Solution is a simple program for the care and feeding of the rotator cuff. It includes separate routines for armor-plating the healthy cuff and for rehabilitating the injured one. Each routine has a number of levels. These will guide you along a controlled path from injury to recovery, from weakness to rock-solid stability.

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The 7 minute rotator cuff solution is an in depth review of rotator cuff repair rehabilitation. It includes torn rotator cuff exercises and rotator cuff stretching

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7 Minute Rotator Cuff Solution Is a Must Read

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The 7-minute rotator cuff solution : a complete program to prevent and rehabilitate rotator cuff injuries. [Joseph Horrigan; Jerry Robinson] -- Presents a quick, simple exercise program to help prevent (or assist in recovery from) rotator cuff injuries.

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