

ExercisesForInjuries.com

SHOULDER PRIMER WORKOUT

Get Pain Free and Enjoy Life

Presentation,
Demonstrations
& Exercises



Rick Kaselj, MS

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Disclaimer

Shoulder Primer Workout is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.



Introduction

Chapter 1: Introduction to Shoulder Primer Workout

Hey, this is Rick Kaselj from Shoulder Primer Workout. Before I get to the 10 exercises involved in the Shoulder Primer Workout, I wanted to go through what a Primer Workout is.

A Primer Workout is my version of a warm-up. And how my version is different from typically what's out there is, a lot of times, what regular warm-ups involve is pretty much just loosening up the joint.

I have found in my experience working with people with injuries since 1994 is, you need to do a lot more for your warm-up than just loosening up the joint in order to prepare the joint and body for the workout and also in order to prevent injuries.

Let me explain how else this Primer Workout is different from regular warm-ups. “P-R-I-M-E-R” breaks down into a variety of words that explain what a primer is.

So, the letter P in primer is **preparation**. We want to go through movements and exercise that prepare the body for what you're going to put it through. It could be a workout, it could be an exercise, it could be a sport. Also, we want to *prepare* the mind and get our mind ready for what we're going to put it through. And once again, it can be through the workout, it can be through a sport, it can be through a boot camp.

The next letter in primer is R, and that is **range of motion**. This is typically what most warm-ups end up targeting, but I find a lot of the warm-ups out there don't target all of the ranges of motion that the body, or more specifically the joints, go through. And that's what I go through in my Primer Workouts.

Next in primer is I. That's **isolation**. So with myself, a lot of times when it comes to warm-ups, everyone focuses on the whole body. I like to focus on specific joints that you want to prime up. So let's say you are going to do an upper body day, a lower body day, or you're doing mainly a hip workout, you can pick the Primer Workout that targets that area. I really need to make the Primer Workout specific for that joint, so *isolation*.

The next letter in primer is M, which is **movement**. We want to look at getting the body moving and ready for things that it's going to do later on, in your workout, in your sport, or in your boot camp. And that's what we want to go through, and you'll see that definitely in the Shoulder Primer Workout.

Next letter is E, which is **endurance**. These workouts aren't super short, they're not one or two minutes. They tend to be about five to ten minutes in length, because we want to work on the endurance and start waking up the muscles when it comes to what we're going to specifically target.

Shoulder Primer Workout

The last letter of primer is the letter R, **resistance**. We need to add some resistance when it comes to the movements that we are going through. A lot of times it's going to be mainly body weight, but sometimes I might bring other things in, like a dumbbell or resistive tubing, because I want to work those stabilizing muscles, specifically the muscles that protect the joint. But then I also want to bring in those primary movers, those bigger muscles that provide the gross movements of the joints.

Now, other things that this Primer Workout does is, with R, **range of motion**, we're working on lubricating the joints, because our joints are self-lubricating. With movement, they lubricate and move easier and we want to make sure we hit all the ranges of motion that that joint ends up doing. We want to wake up those stabilizing muscles, and I've talked about those. Those muscles are important because they protect the joint.

Also, in the Primer Workout, we want to get that mind ready for what we're going to end up doing. Our bodies perform better when our mind is ready to do things correctly.

And lastly, and this relates to movement, is we're trying to groove proper movement patterns. When it comes to some of the primer movements that I'm going to get you to do, we're looking at preparing and grooving good movement patterns so that they translate over into what we're going to do next, the workout, our sport, or some sort of other activity.

That explains what a Primer Workout is. We know how it's going to benefit you, and how it's different from a regular warm-up.

Now I'm going to go through the 10 exercises for the Shoulder Primer Workout. I know that the exercises are really going to help you out when it comes to getting your body ready for the activity that you're going to do, preventing injuries, and also helping you overcome injuries.

When you see the exercises, don't devalue how simple they are, because they're effective on their own, but they're even more effective when you do them in the order that I have listed them out in, and they're even more effective when you do all of them.

Let's move on to the 10 exercises in the Shoulder Primer Workout.

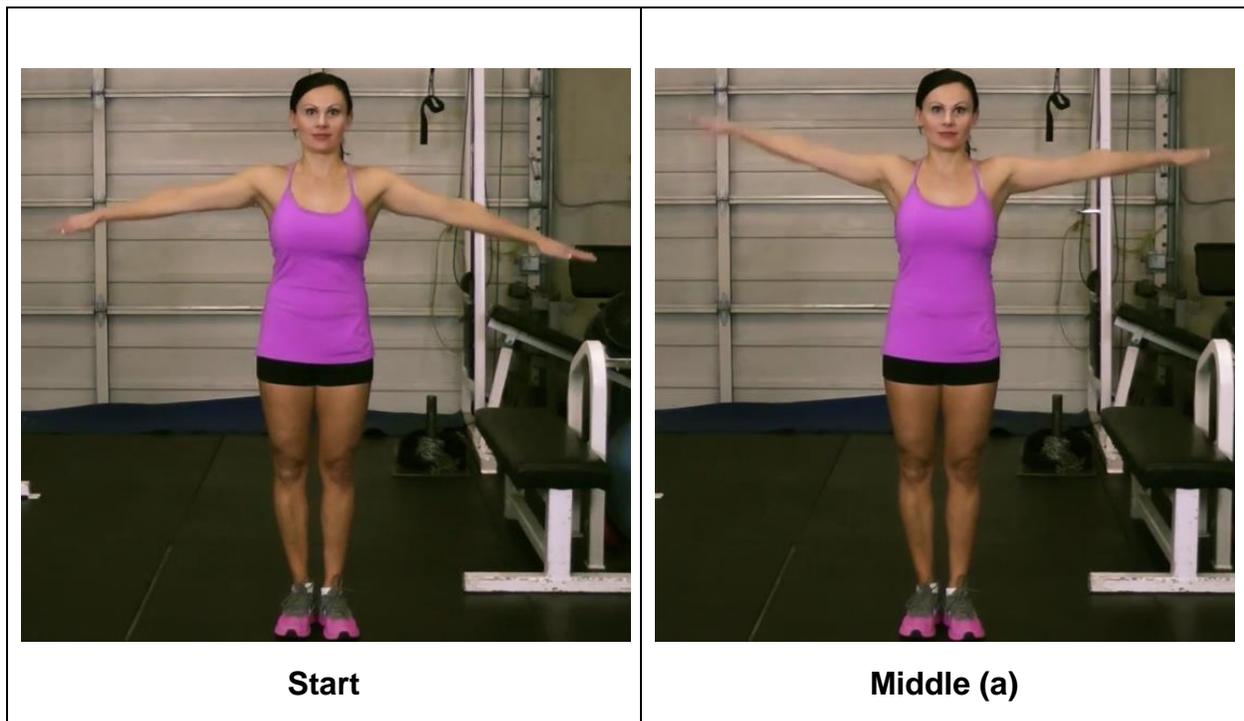
Chapter 2: Shoulder Primer Workout - Group 1

With the Shoulder Primer Workout, I'm going to go through 10 exercises that prime up your shoulder and get them ready for your workout. The first group of 5 that we're going to go through involve a standing position and working through range of motion.

1. Arm Circles

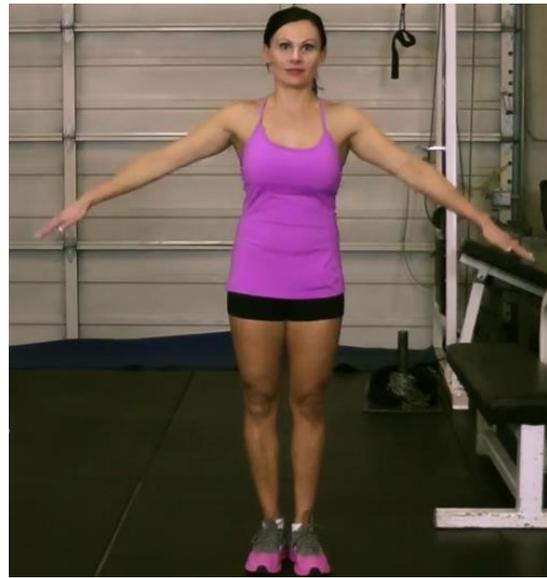
The first one is Arm Circles. Arms are up to the side, arms are about shoulder height, and then you're just doing circles. You're starting with small circles and then moving to bigger and bigger circles. You're going to go in one direction and then you're going to go in the opposite direction.

You're looking at doing about 10 repetitions. You're not going as fast as you can, you're looking at going a nice smooth, controlled movement and loosening up that shoulder when it comes to the rotation side of things.





Middle (b)



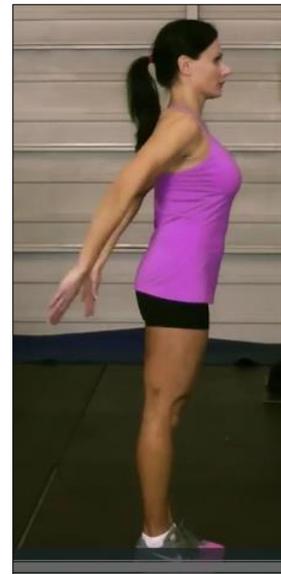
End

2. Arms Up and Down

Exercise #2 is Arms Up and Down. Bring your arms overhead as high as you can and then bring them back down and behind to touch, and then again.

Once again, you're going to go through 10 repetitions, smooth, controlled movement, and what we're working on is lubricating that joint and working the range of motion in that shoulder throughout flexion and extension.

You're looking at trying not to shrug up in those shoulders. You want the movement to happen all in that shoulder joint.





Start

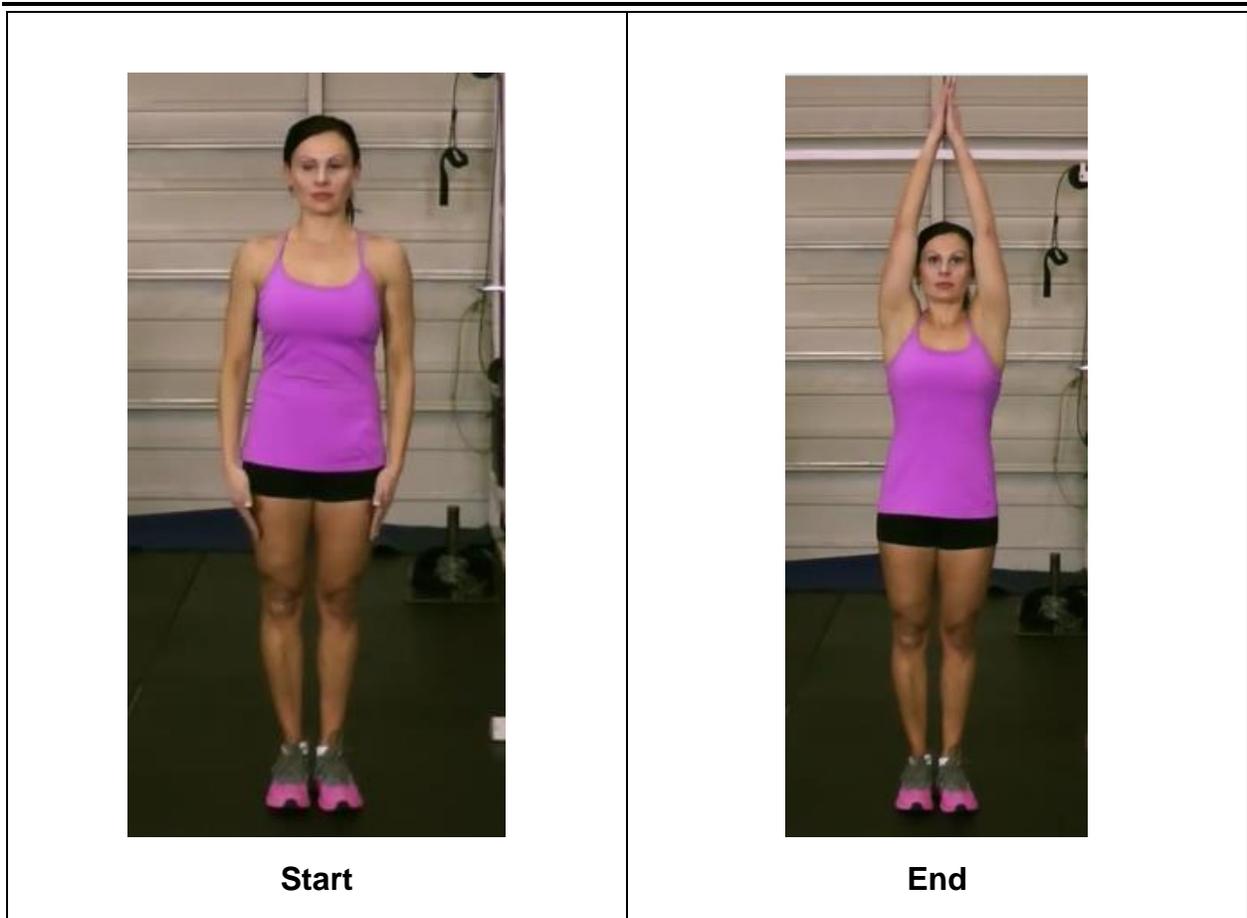


End

3. Arms Over Head and Back

Exercise #3 is Arms Over Head and Back. Bringing the arms out to the side and together and back down. As you bring your arms out to the side, you're rotating, bringing your palms together, rotating the shoulder, and bringing the palms to the side.

Just like the other ones, we're going 10 repetitions, smooth and controlled, and as you bring your shoulders up, you're not shrugging in those shoulders. You're having that movement all happen in that shoulder joint.



4. Arms Across and Back

Exercise #4 is Arms Across and Back. You're moving the arms out front and back, out front, and back. You're crisscrossing the arms and alternating them back and forth.

Shoulder Primer Workout



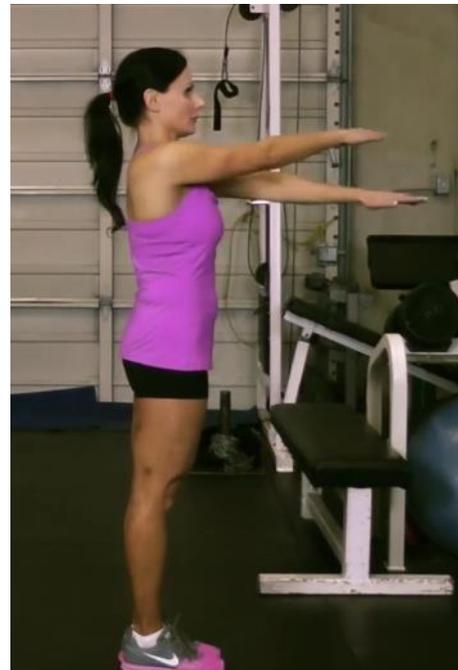
Start



Middle (a)



Middle (b)

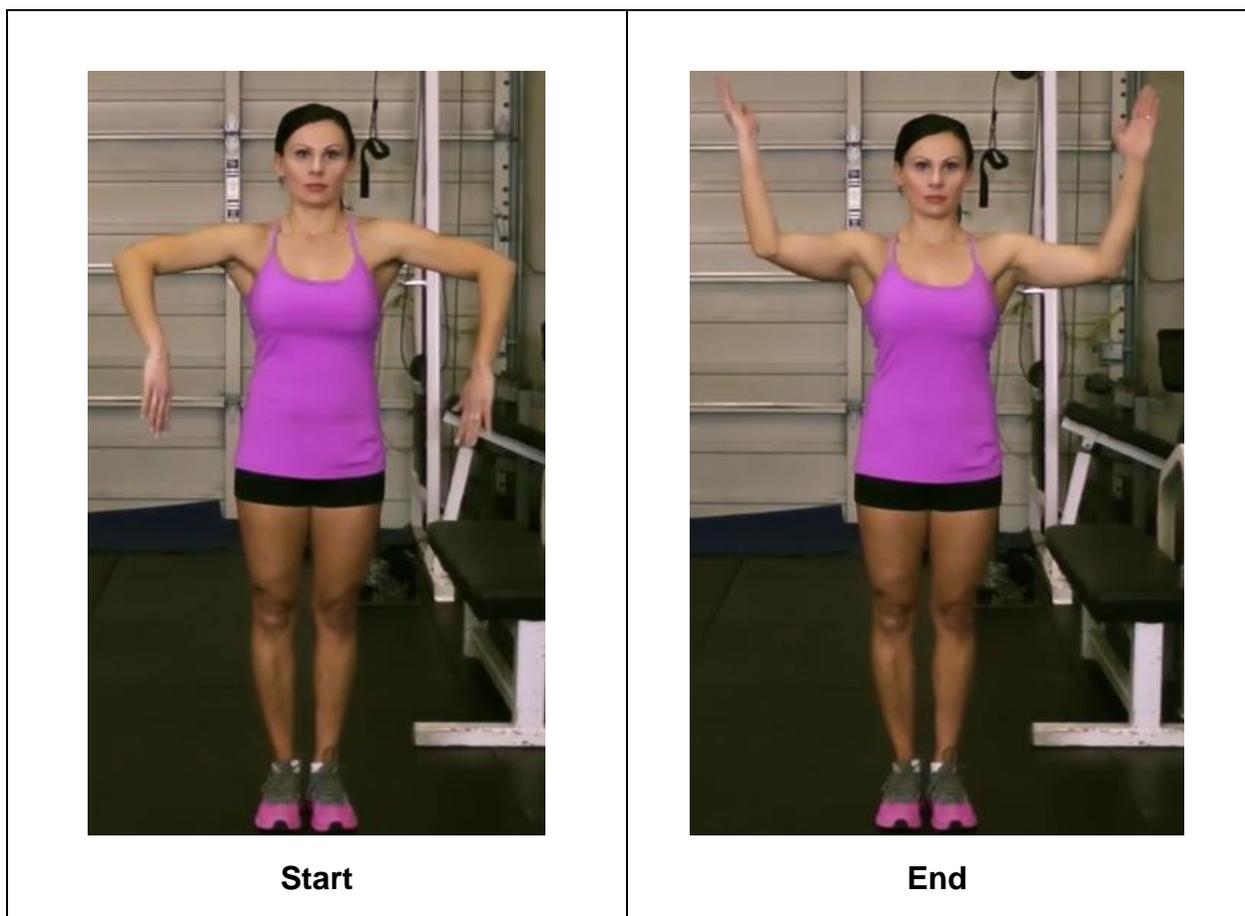


End

5. 45 Degree Windshield Wiper

Then fifth one that you do in standing is a 45 Degree Windshield Wiper. If you have your arms out to the side, you're moving them in to about 45 degrees, and then you're rotating in, and rotating out, rotating in, and rotating out. Going through 10 repetitions again.

Avoid for shoulder pain or pinching. With this one, if you have any shoulder pain or pinching when you do it, then skip this exercise.



With this first group, we're working on the range of motion in the shoulder, waking up the muscles, and lubricating the joint. Then in the next group, we'll target different areas around the shoulder, in order to prime up that shoulder and get it ready for your workout.

Chapter 3: Shoulder Primer Workout - Group 2

Now we're going to go through two shoulder primer exercises that focus on loosening up that thoracic spine. This is exercise #6 and exercise #7.

With these, you move from standing, and you go into sitting. We're just going to use the bench. You can use whatever you want, it could be a stability ball or a chair or anything.

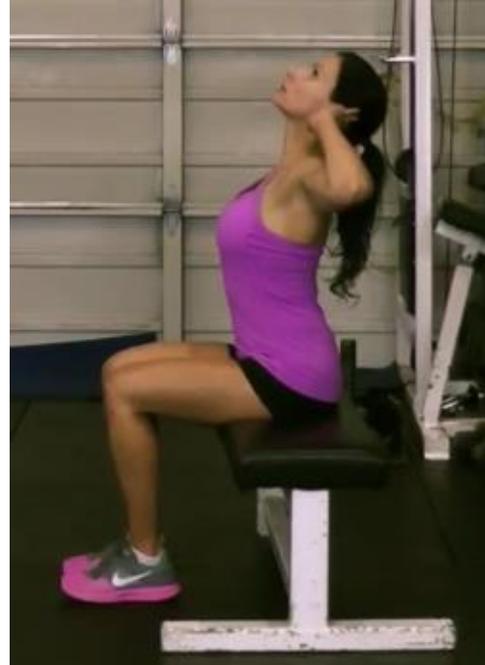
6. *Sitting and Arching Back*

What you're doing is you're sitting nice and upright, hands are touching the head, elbows are up, and you arch through that mid-back. You're looking at loosening up that mid-back or thoracic area, and then you're relaxing. You're going to do it for a repetition. So you're going to arch back, hold, and then relax, and then arch back, hold, and relax.

You're looking at loosening up that mid-back area. You're going to start off with 5 repetitions, and then you're going to do a check and you're going to see if it feels looser or better. And if it does, you can continue on and do 8 or 10 repetitions total.



Start

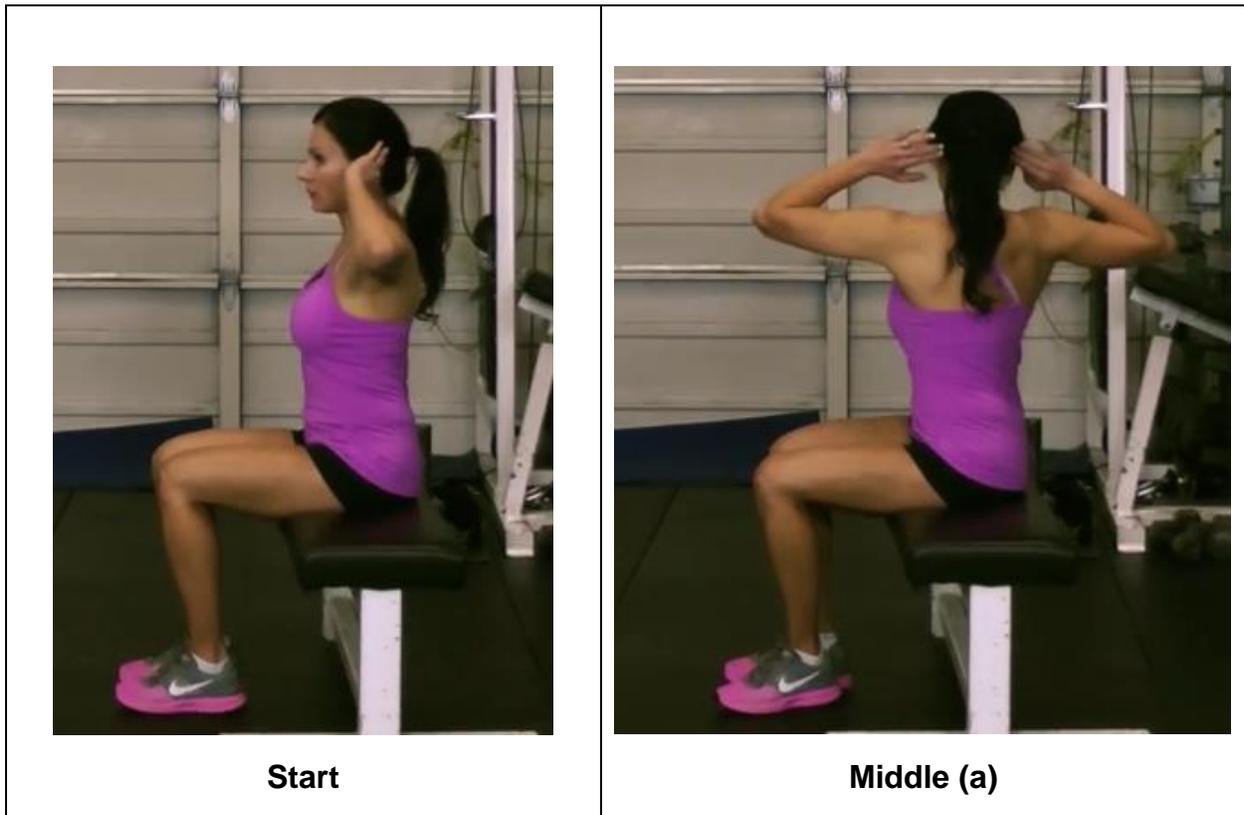


End

7. *Sitting and Rotating*

Exercise #7 is Sitting and Rotating. You're in the same position, hands are touching, elbows are up, and then you're going to rotate to one side, and then rotate to the other side. Smooth controlled movement. Now what we're doing is loosening up that mid-back when it comes to rotation.

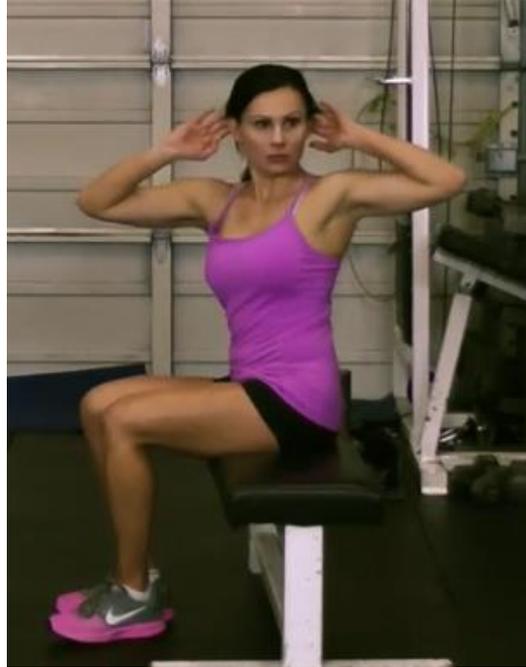
You're going to go through 5 repetitions on each side for a total of 10 repetitions.



Shoulder Primer Workout



Middle (b)



End

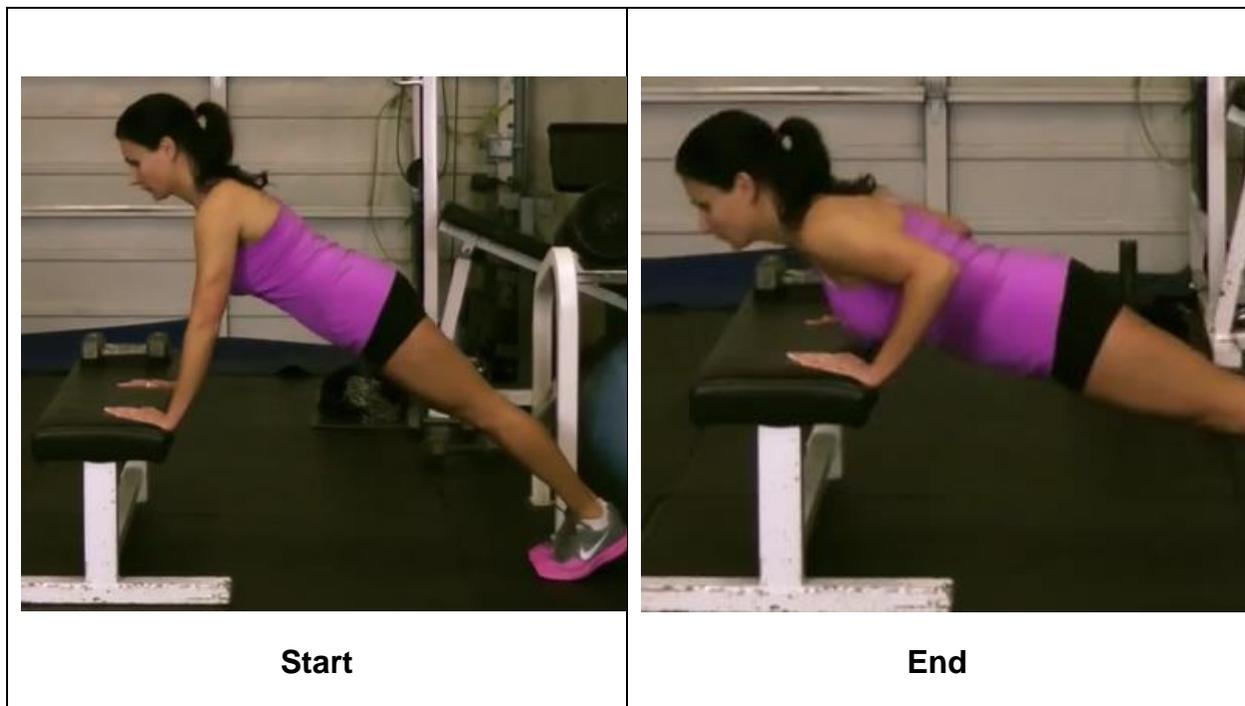
Chapter 4: Shoulder Primer Workout - Group 3

Now we're going to go through the third group of exercises for the Shoulder Primer Workout. In the first group, we loosened up the shoulder, warming it up, waking up the muscles around the shoulder joint. In the second group, we loosened up the thoracic spine or mid-back area, because a lot of times that area will be stiff and put unnecessary stress on the shoulder joint and increase the risk of a shoulder injury or pain. Now the third group, we're waking up those larger muscle groups in the shoulder joint in order to prepare it for your workout. We're going to go through pushing, rowing, and pressing movements, one for each of those movements.

8. Push Up

The first one is #8, which is a Push Up.

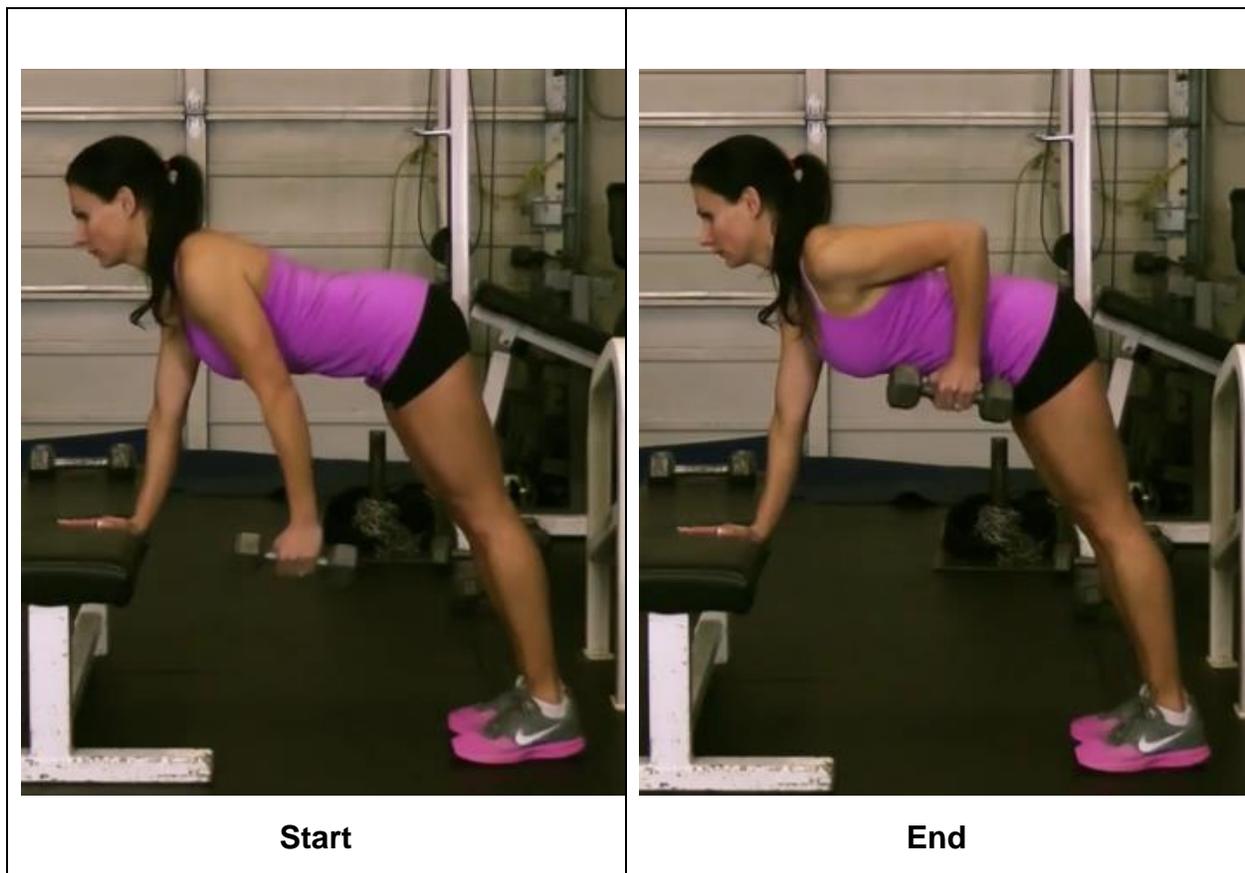
We're going to go through it on the bench, but you can do it on the floor. And you're just going through a regular push up movement. Body's in nice, good alignment, you're tight through the core, your elbows are coming out at 45, you're tight in the shoulder blade, you're tight in the lats, and you're going through 10 repetitions of that, in order to wake up all those pressing muscles in the shoulder joint.



9. *Dumbbell Bent Over Row*

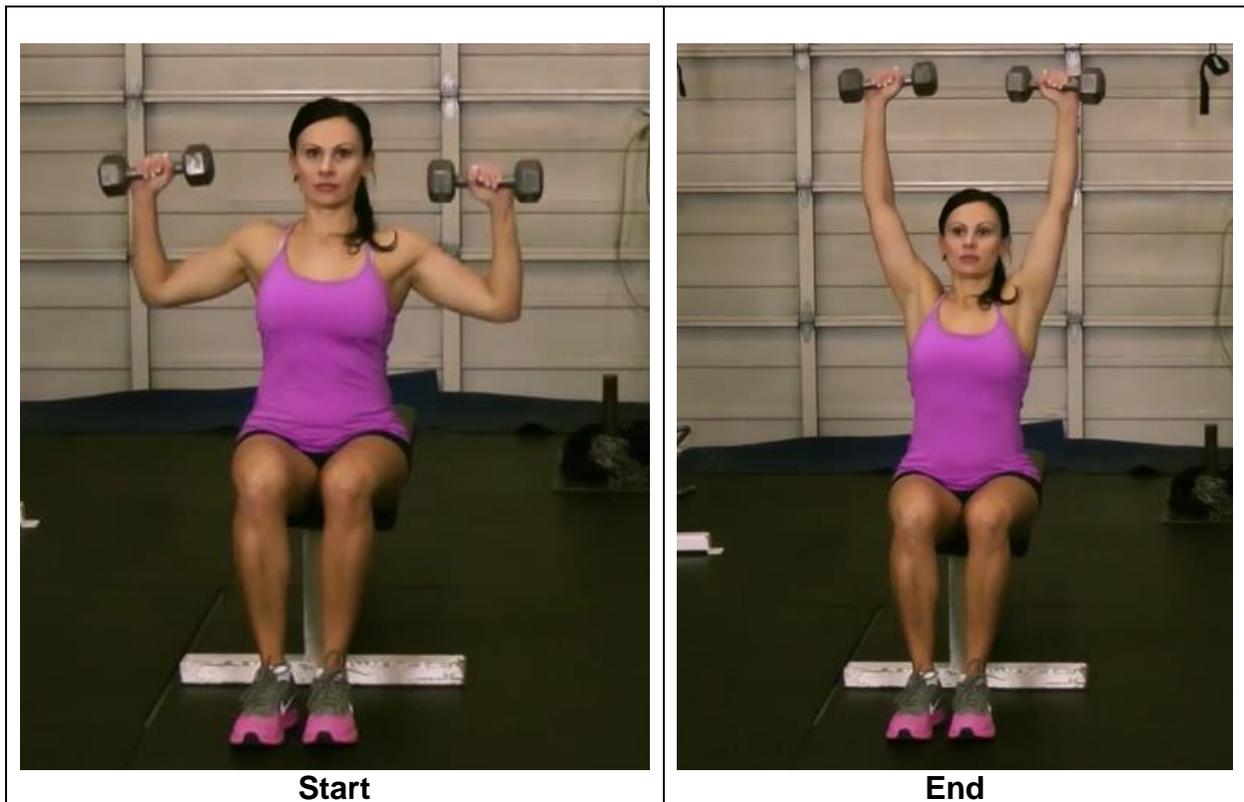
The second exercise of this group we go through is #9, Dumbbell Bent Over Row. So you're grabbing a dumbbell that feels like you're lifting something, but it's not your maximum lift.

You're stabilizing with your hand, your upper body's in good alignment, your head, shoulders, hips are in good alignment, and then you're going through a rowing movement. The elbow is just passing the shoulder, and you're coming back down, and you're looking at waking up those muscles around the shoulder joint, all those scapular muscles, waking up the lats, and waking up those mid-back muscles. And you go through 10 repetitions on each side. Now we're waking up those rowing muscle movements.



10. 45 Degree Dumbbell Press

The third exercise in this group is #10, 45 Degree Dumbbell Press. You can do this in sitting or in standing. You're going to move the arms from the side in, and then you're going to press up, and come back down, press up, and come back down. And you're going to go through, once again, 10 repetitions when it comes to that exercise.



Chapter 5: Final Wrap Up

Those are all of the exercises in the Shoulder Primer Workout. It's 10 exercises. It should take you around 5 minutes to go through the Primer Workout, which will get your shoulder ready for your main workout.

Looking at how we broke things down, that first group, exercise #1 through #5, wakes up the nervous system, gets you ready for your workout, gets your joints lubricated, warms up those muscles, and wakes up those smaller muscle groups.

That second group of exercises, exercises #6 and #7, we worked on loosening up the thoracic spine, because it's a common area where people experience stiffness, and when it's stiff, it puts unnecessary stress on that shoulder joint and increases the risk of injury.

In the last group, exercises #8 through #10, we woke up all the main muscles when it comes to the pressing, pushing, and rowing movements.

This is Rick Kaselj from ExercisesForInjuries.com and Shoulder Primer Workout saying, "Take care and bye-bye."

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Hi, I'm Rick Kaselj. **I create exercise programs that help people heal injuries and eliminate pain, so they can go back to living a full, active, healthy life.**

I've always been a fitness and exercise enthusiast, so starting in 1994, I decided to make this my career also. I started as a personal trainer, exercise therapist and kinesiologist, but quickly discovered that many of the traditional exercise and treatment programs weren't producing the results I wanted for my clients...

...so I took it upon myself to get the right knowledge, scour the medical research, and do hands-on testing, so I could ACTUALLY help my clients get better.

With the advent of the Internet, I saw a terrific opportunity to offer and deliver my programs to many more people, so they too could finally get relief from pain, heal their injuries, and get back to the lives they enjoy.

I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN.

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... *does not work!*

Some of the most effective methods I've discovered for eliminating pain and healing injuries are counterintuitive... and they required diligent research, testing, and creativity to discover.

People get the best results when they follow a program that's been properly designed. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it. Not doing all the steps, or performing them in the wrong order, or taking too little rest, or too much, can throw you off course, and sometimes even make things worse!

I've learned that understanding the CAUSE of injuries and painful conditions can help heal and prevent them. For example, most people don't realize that they're doing certain things every day that put stress and tension on certain muscles, tendons, tissues and joints, and over time, this creates chronic pain and injury. Simply becoming aware, and then making tiny adjustments, can actually result in a much higher quality of life for many people.

All of my injury and exercise programs were developed as a result of my research, study and years of hands-on testing and training:

- I've been in the fitness and rehab industry since 1994.
- I spent 6 years at University studying kinesiology, corrective exercise and therapeutic exercise, and got my Master's Degree in exercise science.
- I have 16 years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I've conducted thousands of personal training sessions.
- I've carefully scrutinized hundreds of relevant medical research papers.
- I'm also an author and speaker and I've given over 260 presentations to more than 5,000 fitness professionals across Canada and USA.

WHAT MY CLIENTS AND CUSTOMERS SAY:

“Your exercises have changed my life. I have been in constant pain for 15 years.” **Shelley Watson, Carmel, CA**

“I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months.”
Tracy Walker, North Carolina

“Before I used the information, I couldn’t walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention.” **Cher Anderson, Athens, TN**

“Thank you Rick, you saved my career!” **Marco Mura, Professional Forester, Sardegna, Italy**

“I used the 90 second pain relief alone and it helped relieve the pain right away and after playing sports I feel better and the pain is not as intense. I thought I would just have to retire due to the foot pain, but I now see there is hope with your program it has helped me a lot.” **Audal Acosta**

I HAVE A FREE GIFT FOR YOU...

THAT WILL START DECREASING YOUR PAIN NOW!

Before we go any further, I want to send you some of my very best stuff FOR FREE!
It's my introductory gift to you. (I like to give value first, and be as helpful as I can upfront.)

My newest DVD is called "The Pain Hacker" and **I want you to have it for free.**

What is it? It's an extensive collection of 90-second pain fixes that you can do to start reducing the pain you have right now. On the video, I go through each technique slowly and carefully to show you exactly how to do them, so you can start reducing your pain and get back to a healthy, more active life.

I don't want to give away too much here, but...

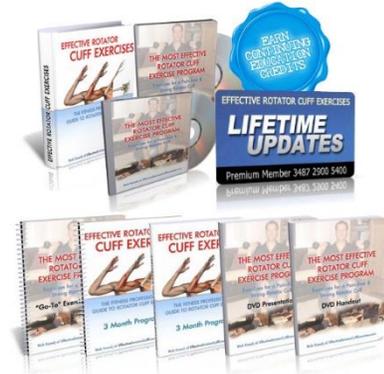
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.
- My unconventional "Pain Fixes" in your free DVD have been featured and talked about in these publications (and more).



Get your FREE DVD at: www.ThePainHacker.com/free-DVD-2

Other Products from Rick

Heal Rotator Cuff Injuries FAST

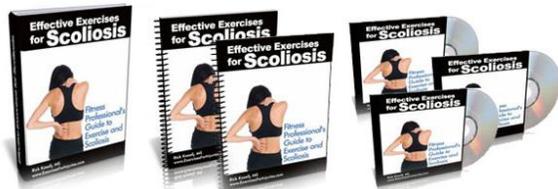


This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- Why exercises that strengthen rotator cuffs do not necessarily decrease pain and increase range of motion in your clients' shoulders
- Why you shouldn't give the same exercises to every client with rotator cuff problems
- How to PROPERLY design an exercise program for the rotator cuff (I spent an entire year researching this at university, and wrote and published a paper on it in the Canadian Journal of Kinesiology)

Learn more at: www.EffectiveRotatorCuffExercises.com

Scoliosis Secrets

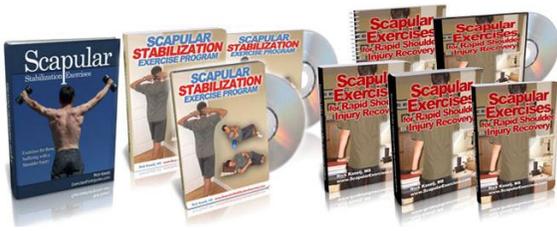


In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- The Three 'O' medical treatments for Scoliosis, and step-by-step instructions on how to do them
- The 7 different types of Scoliosis... how to diagnose your clients... and which exercises to prescribe for each
- CLIENT HANDOUTS that you can copy and give to your clients, completely DONE FOR YOU!

Learn more at: www.EffectiveExercisesForScoliosis.com

Scapular Stabilization Secrets



This is the RESEARCH- BACKED exercise program that will finally help your clients decrease pain, improve range of motion, and increase shoulder stability. What will you learn?

- My secret weapon for healing shoulder injuries
- Why most trainers and therapists focus on the rotator cuff in a shoulder injury, when they should focus on improving the activation, endurance, and strength of the scapular muscles
- Why your Scapular Stabilization exercise program is a waste of time... unless it includes all 5 of these components

Learn more at: www.ScapularStabilizationExercises.com

Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)

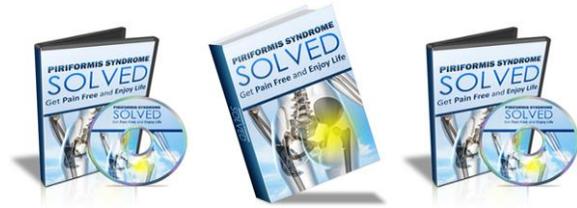


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis ONCE AND FOR ALL. You'll be back to hiking, walking and running before you know it. Here's a small sampling of what you'll learn in the program:

- QUICK START (non-exercise) techniques you can use to start melting your calf pain away RIGHT NOW
- ALL the exercises you need to eliminate your calf pain... AND I'll tell you the exercises that are commonly prescribed, but you don't need to worry about
- How to do each exercise, with slow, step-by-step instructions... the correct order you should follow... and how much rest you should take... to get the best and fastest results

Learn more at: www.AchillesTendinitisExercises.com

Eliminate Piriformis Syndrome



The step-by-step exercise program that ANYONE can do... that heals your Piriformis Syndrome, and allows you to: take long walks again, watch entire movies without getting up, easily lift your child... all without any pain. Here are just a few samples of what you'll learn and get in this program:

- Why you need to do more than just strengthen your core to eliminate your Piriformis Syndrome
- How to start decreasing your pain IMMEDIATELY, WITHOUT ANY EXERCISE
- These stretches and exercises are making your Piriformis Syndrome WORSE

Learn more at: www.PiriformisSyndromeSolution.com/end-piriformis-pain

Fixing Tight Hip Flexors



This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling of what you'll learn in the program:

- THE SINGLE MOST IMPORTANT movement you need to do in order to overcome your Tight Hip Flexors (it's Component #8 in the program)
- Why it's important to decrease stress and tension in your knee, in order to fix your tight hip flexors... and how to do it properly
- The 8 CRITICAL COMPONENTS that must be included in any effective program for fixing Tight Hip Flexors (these components come from 16 years of hands-on experience and careful scrutiny of 30 separate medical research papers)

Learn more at: www.FixingTightHipFlexors.com

Heal Back Pain (Gluteus Medius Strength Program)



This exercise program **ELIMINATES BACK PAIN** by strengthening your Gluteus Medius. The Gluteus Medius is often ignored, but when properly exercised and strengthened, it can stabilize your pelvis and decrease stress on your back, which eliminates back pain. In this program, you'll learn these things (and much more):

- How to eliminate your back pain as quickly as possible (HINT: you must do the exercises in the right order so they build on each other and your progress is multiplied!)
- What most trainers and physical therapists don't know about back pain and the Gluteus Medius
- Why exercises that target your knees and hips also strengthen the Gluteus Medius and help with back pain

Learn more at: www.GluteusMediusExercises.com

Best Gluteus Maximus Exercises



This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn in the program:

- Stretches and exercises that actually make your Gluteus Maximus **WORSE**
- Common mistakes people make doing Gluteus Maximus exercises
- The correct form for all of the exercises, shown step-by-step on easy-to-follow videos

Learn more at: www.BestGluteusMaximusExercises.com

How To Speed Up Recovery Between Workouts



SPENDING A CENT!

Do you want to get better results from your workouts? Experience fewer aches, pains and injuries between workouts? Spend less time and money at the massage therapist? This comprehensive video program is going to help you achieve all that and more. Here are just a few of the things you'll be learning:

- What you should NEVER do if you have aches and pains between workouts
- 3 techniques and unconventional tools that RAPIDLY speed recovery between workouts
- How to get the powerful recovery effects of massage, WITHOUT

Learn more at: www.RecoveryWorkouts.com

No More Neck Pain



What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
- How to get lasting, long- term relief for your

neck... not just a temporary fix

- What I learned working with hundreds of clients with neck pain that most other professionals will never know

Learn more at: www.NeckPainSolved.com

Erase Foot & Heel Pain (Plantar Fasciitis)



How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- Why trying to strengthen your plantar fascia is a common mistake, and only makes your heel pain WORSE (hint: the plantar fascia is not a muscle!)
- One simple technique that anyone can do... that will get rid of your Plantar Fasciitis MUCH FASTER
- How to match the right exercise routine to where you are in your recovery, so you get the best results, in the least amount of time

Learn more at: www.PlantarFasciitisReliefIn7Days.com/home11

Eliminate Thoracic Outlet Syndrome



FINALLY... a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you'll learn in my program:

- A strange exercise I discovered using a SMALL BALL... that erased hand numbness in LESS THAN ONE MINUTE
- How to properly adjust the intensity of each exercise you do, so you can recover as quickly as possible, but also make sure you don't re-injure yourself
- The exercises you should NEVER do if you have Thoracic Outlet Syndrome

Learn more at: www.ThoracicOutletSyndromeSolved.com

Eliminate Pain After Your Knee Replacement



This program is perfect for getting back to a pain-free life after Knee Replacement surgery. My videos and guides give you a step-by-step program that's easy and fun to follow. You'll be back to your active and enjoyable life in just a few weeks' time. Here's a small sample of what you'll learn:

- Why my program has 9 components... and why leaving any one of them out makes it much more difficult to recover and eliminate pain
- 10 different ways you can speed up your recovery after your Knee Replacement
- Why doing exercises you find on the Internet could actually RE-INJURE YOUR KNEE

Learn more at: www.KneeReplacementHandbook.com

Overcome Your Hamstring Injury

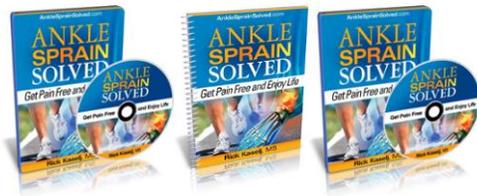


Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises and routines THAT WORK. Here's a small sampling of what you'll learn:

- Why massage isn't really helpful for Hamstring Injuries... and what is
- How to start decreasing your Hamstring pain in JUST MINUTES
- How to prevent future Hamstring Injuries

Learn more at: www.HamstringInjurySolution.com

Ankle Sprain Solved



Ankle sprains are common, and mostly a minor injury. But if they aren't properly rehabilitated, they can lead to more and greater injuries. My Ankle Sprain Solved program eliminates pain and properly heals your Ankle Sprain, so you can get back to an active and engaging life. Here are a few of the things you'll learn in the program:

- How decreasing stress and tension in your knees helps heal your Ankle Sprain
- What you need to do to PERMANENTLY heal your ankle... not just get a temporary fix
- The SINGLE most important exercise you can do to heal your Ankle Sprain

Learn more at: www.AnkleSprainSolved.com

Fix Your Frozen Shoulder

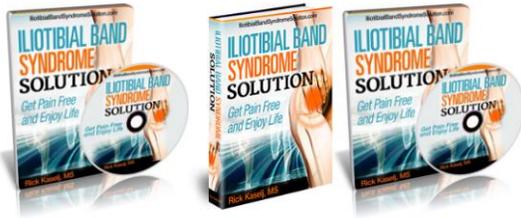


Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your Frozen Shoulder. Here are just a few of the things you'll learn:

- The 3 most common mistakes people (and professionals) make treating Frozen Shoulder... which AGGRAVATES the condition instead of improving it
- Why stretching is an important part of fixing your Frozen Shoulder... but it's only 1 of 7 critical components in my treatment program. In my experience, the best results come when ALL 7 components are used.
- How my program is designed to provide lasting, long- term relief from Frozen Shoulder... not just a temporary fix

Learn more at: www.FrozenShoulderSolution.com

Iliotibial Band (IT Band) Syndrome Solution

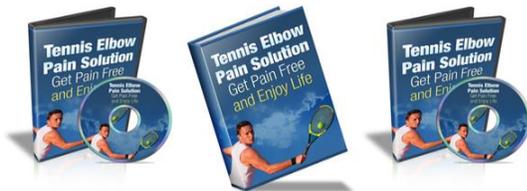


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- A complete program THAT ACTUALLY WORKS – it has all the exercises you need, and none that you don't
- Pain- relief techniques you can start using IMMEDIATELY
- A comprehensive explanation of how IT Band Injuries occur, and what you can do to prevent them in the future

Learn more at: www.IliotibialBandSyndromeSolution.com

Eliminate Tennis Elbow



My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- How to diagnose yourself and make sure you definitely have Tennis Elbow
- Why you need to follow a specific plan, with a specific progression of exercises (in 3 different stages) to fully eliminate your Tennis Elbow
- How lengthening the muscles in your forearm is an important aspect of fixing your Tennis Elbow... and exactly how to do it

Learn more at: www.TennisElbowPainSolution.com

Mend Your Meniscus Tear



A Meniscus Tear is a nasty, painful injury... but my simple, step-by-step videos and guide will help you overcome it FAST, so you can get back to walking, running and having the active lifestyle you want. Here are just a few examples of what you'll learn in the program:

- Why a specific course of exercises and techniques is necessary to overcome your Meniscus Tear... and why you should NEVER just cobble together a random combination of exercises
- Why my program has 13 specific components, and why none of them should be left out
- The single most important movement you can do to heal your Meniscus and eliminate pain ASAP

Learn more at: www.MeniscusTearSolution.com

Lumbar Spinal Fusion Recovery Program



Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY - EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered QUICKLY, and give

you the opportunity to earn Continuing Education Credits. Here's a tiny sampling of what you'll learn and get in the program:

- The most effective exercises for recovery from Lumbar Spinal Fusion (NOTE: most of these exercises ARE NOT taught in Personal Training Certifying Courses)
- The 5 most common reasons Lumbar Spinal Fusion surgery occurs
- A full- color HANDOUT of the EXACT Lumbar Spinal Fusion Exercise Program I give to my clients (you can print this out and give it to all your clients)

Learn more at: www.LumbarFusionExercises.com

Eliminate Sacroiliac (SI) Joint Pain FAST



This simple, step-by-step guide will finally end your SI Joint Pain. It's a safe and effective program that most health and fitness professionals don't know about, or are doing wrong. Here are just a few of the things you'll learn:

- How Sacroiliac pain is different from regular back pain... and what to do differently to treat it
- Why doing SI Joint Pain exercises in a certain order is crucial, and what the correct order is
- The ONE movement you MUST do in order to overcome your SI Joint Pain

Learn more at: www.SacroiliacPainSolution.com/end-si-joint-pain

Eliminate Stubborn Knee Pain (Patellofemoral Syndrome)



Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience treating thousands of people with knee pain. Here are just a few of the things you'll learn in my program:

- Why stretching DOESN'T fix Patellofemoral Syndrome
- How you can use common household items to perform all the exercises you need to ELIMINATE YOUR KNEE PAIN and get rid of Patellofemoral Syndrome FOR GOOD
- Why the order in which you do the exercises is important for success

Learn more at: www.PatellofemoralSyndromeSolution.com

Shin Splints Solved



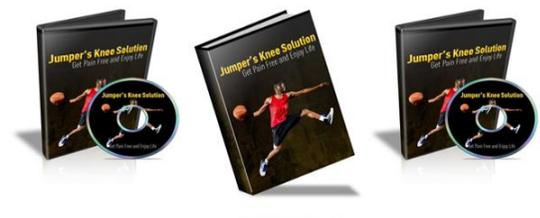
Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This program is **HIGHLY -EFFECTIVE** at eliminating Shin Splints and shin pain. You **WILL** be

running again – without pain – before you know it! Here's just a small sample of what you'll learn in my program:

- Why ice and stretching are only temporary fixes for Shin Splints... and what to do instead to get long-lasting relief
- Why most trainers and therapists take a shotgun approach to prescribing more and more exercises, while I ask you to focus **ONLY** on the exercises you absolutely need (those that are most effective at eliminating Shin Splints)
- Why most health and fitness professionals don't have you strengthen your ankles... and why you **MUST** if you want to erase shin pain

Learn more at: www.ShinSplintsSolved.com

Jumper's Knee Solution



Do your knees hurt when you run or jump, especially while playing sports like basketball or volleyball? My Jumper's Knee Solution program is for you! It's a video-based exercise program that will get you back to your sports in as little as 7 days. What will you learn?

- The specific exercises that will make your pain go away

FOR GOOD

- Which exercises you should **NEVER** do if you have Jumper's Knee
- The 10 simple steps you need to follow – **IN THE CORRECT ORDER** – to eliminate Jumper's Knee

Learn more at: www.JumpersKneeSolution.com