



Spectacular SUMMER SMOOTHIES

20 Healthy Smoothie Recipes
To Keep You Cool This Summer



An ExercisesForInjuries.com Publication

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20 Healthy Smoothie Recipes to Keep You Cool this Summer

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Disclaimer

Spectacular Summer Smoothies is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please 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.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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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.

Guarantee

My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

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.

A handwritten signature in black ink that reads 'Rick Kasey'.

Refreshing Anti-Inflammatory Smoothies

Raspberry Pineapple Smoothie

INGREDIENTS

1 cup pineapple, chunks
 1/2 cup raspberries
 1 cup apple juice
 1 tbsp ground flaxseeds
 ½ cup of Greek yogurt
 Handful of ice (optional)

DIRECTIONS

Add all ingredients to blender. Blend until smooth.

Helpful Hint: Use frozen fruit for a thicker smoothie. When using fresh fruit, add a handful of ice to thicken up and chill the smoothie.



SERVES 1-2

NUTRITION INFORMATION: Calories: 324 Fat: 3g Carbs: 63.5g Protein: 14g

Detoxifying Smoothie

INGREDIENTS

1/4 of a small beet
1 carrot
1 apple
1 lemon, juiced
1/4 cup coconut milk
1 banana
Ice as needed

DIRECTIONS

In a blender, blend all the ingredients.

Serve and enjoy!



SERVES 1-2

NUTRITION INFORMATION: **Calories:** 206 **Fat:** 1g **Carbs:** 60g **Protein:** 3g

Classic Strawberry Banana Smoothie

INGREDIENTS

8-10 strawberries
2 bananas
1/2 cup almond milk
1/2 cup Greek yogurt
2 tbsp honey
Handful of ice

DIRECTIONS

Add all ingredients to blender. Blend until smooth.



SERVES 1-2

NUTRITION INFORMATION: **Calories:** 356 **Fat:** 15g **Carbs:** 54g **Protein:** 8.6g

Carrot Ginger Smoothie

INGREDIENTS

Carrot Juice
1 cup filtered water
2 cups carrots

Smoothie
1 banana, peeled and frozen
1 cup pineapple, frozen or fresh
1/4 tsp turmeric
1/4 tbsp fresh ginger
1/2 cup carrot juice
1 tbsp lemon juice
1 cup coconut milk



DIRECTIONS

Make carrot juice in a juicer and add water.

Add all the smoothie ingredients to blender and blend until smooth. Serve and enjoy!

SERVES 1-2

NUTRITION INFORMATION: **Calories:** 420 **Fat:** 29g **Carbs:** 42.6g **Protein:** 5g

Blueberry Vanilla Smoothie

INGREDIENTS

1 cup blueberries
1 cup vanilla almond milk
1 cup vanilla Greek yogurt
2 tbsp milled flaxseed

DIRECTIONS

Add all ingredients to blender. Blend until smooth.



SERVES 1-2

NUTRITION INFORMATION: **Calories:** 244 **Fat:** 3.3g **Carbs:** 43g **Protein:** 15g

Avocado and Cucumber Green Smoothie

INGREDIENTS

1 large avocado, pitted
1 green apple, chopped
1 cucumber, chopped
1 cup spinach, chopped
1 tbsp fresh parsley, chopped
1 tbsp fresh mint, chopped
Juice from 1 lemon
1 cup cold water

DIRECTIONS

Blend together all the ingredients until smooth and creamy.



SERVES 1-2

NUTRITION INFORMATION: Calories: 291 Fat: 20g Carbs: 30.4g Protein: 4g

Java Breakfast Smoothie

INGREDIENTS

1 cup chilled coffee
1 banana
1 cup plain Greek yogurt
1 tbsp ground flaxseed
2 tbsp honey
1/2 tsp cinnamon
Handful of ice
1/4 tsp nutmeg (optional)
Pinch of instant coffee for garnish (optional)

DIRECTIONS

Add all ingredients to blender. Blend until smooth. Garnish with a pinch of instant coffee.

The name of this smoothie says it all... get your morning caffeine and breakfast all in one tasty drink!



SERVES 1-2

NUTRITION INFORMATION: Calories: 487 Fat: 17g Carbs: 80g Protein: 12.3g

Pineapple Mango Smoothie

INGREDIENTS

1 cup pineapple, chunks
1 mango, cubed (about 1+ cup)
1/2 cup apple juice
1 tbsp honey
Handful of ice
Coconut flakes for garnish

DIRECTIONS

Add all ingredients to blender. Blend until smooth.

Garnish with a hearty pinch of coconut flakes.



SERVES 1-2

NUTRITION INFORMATION: **Calories:** 255 **Fat:** 0.6g **Carbs:** 67.4g **Protein:** 1.5g

Minty Watermelon Smoothie

INGREDIENTS

2 cups cubed frozen watermelon
A few mint leaves
Honey to taste
1 cup water

DIRECTIONS

In a blender, blend all the ingredients.

Serve and enjoy!



SERVES 1-2

NUTRITION INFORMATION: Calories: 113 Fat: 2g Carbs: 22g Protein: 4.3g

Strawberry Apricot Ginger Smoothie

INGREDIENTS

1 1/2 cup fresh strawberries
1 cup pitted apricots
1 cup coconut milk
5 dates
1 tsp dried ginger or 1" freshly
grated
Juice from 1 lemon
1 tbsp flax meal
1 tbsp psyllium husks

DIRECTIONS

Blend together all the ingredients
until smooth.

Serve with ice cubes if desired.



SERVES 1-2

NUTRITION INFORMATION: Calories: 440 Fat: 31g Carbs: 45.3g Protein: 6g

Blackberries Pop

INGREDIENTS

1 cup blackberries
1 pear
1 kiwifruit
1/4 pineapple dices
10 peppermint leaves

DIRECTIONS

In a high-speed blender, blend all the ingredients.

Serve and enjoy!



SERVES 1-2

NUTRITION INFORMATION: Calories: 365 Fat: 2g Carbs: 85g Protein: 8g

Turmeric Peach Banana Smoothie

INGREDIENTS

1 large banana
2 ripe peaches
1/2 tsp raw honey (optional)
1 cup organic rice milk
1 tbsp chia seeds
¼ tsp turmeric

DIRECTIONS

Chop the banana and the peaches.

Add all the ingredients to a high-speed blender, except for the chia seeds.

Process until smooth.

Pour into serving glasses and divide the chia seeds between the two portions.

Set aside for 10 minutes, then enjoy.



SERVES 1-2

NUTRITION INFORMATION: Calories: 219 Fat: 3.7g Carbs: 46g Protein: 3.5g

High Protein Smoothies

Pineapple Orange Smoothie

INGREDIENTS

1 cup pineapple chunks
1 mango, in chunks
1/2 cup orange juice
1 1/2 tbsp ground flaxseeds
1/2 cup of Greek yogurt
½ scoop plain protein powder
(optional)

DIRECTIONS

Add all ingredients to blender. Blend until smooth.



SERVES 1-2

NUTRITION INFORMATION: Calories: 515 Fat: 5g Carbs: 96.6g Protein: 28.5g

Blueberry Protein Smoothie

INGREDIENTS

1 cup frozen blueberries
2 scoops vanilla protein powder
1 banana
4 dates, pitted
Juice from 2 lemons
1 tbsp raw honey
1 cup rice milk

DIRECTIONS

Throw all the ingredients in the blender and blend until smooth.



SERVES 1-2

NUTRITION INFORMATION: Calories: 362 Fat: 14g Carbs: 39g Protein: 24g

Chocolate Protein Smoothie

INGREDIENTS

1/2 cup cashews, soaked for at least 2 hours
1 scoop chocolate protein powder
1 apple, chopped
1 cup almond milk
2 tbsp cocoa powder
2 tsp chia seeds

DIRECTIONS

Rinse and drain the cashews.
Place in a high-speed blender together with the apple and almond milk.
Pulse for 30 seconds.
Add the remaining ingredients and blend until smooth.



SERVES 1-2

NUTRITION INFORMATION: Calories: 570 Fat: 45.8g Carbs: 37g Protein: 14.3g

Banana Chocolate Protein Smoothie

INGREDIENTS

2 bananas
1/4 cup protein powder
1 tsp cocoa powder
1 tsp vanilla
Honey to taste
Ice to taste

DIRECTIONS

In a high-speed blender, blend all the ingredients until creamy.

Serve and enjoy!



SERVES 1-2

NUTRITION INFORMATION: Calories: 409 Fat: 5g Carbs: 41g Protein: 35g

Healthy Dessert Smoothies

Matcha Green Tea Smoothie Bowl

INGREDIENTS

1 banana, frozen
4 strawberries, frozen
2 dates, pitted
1 cup spinach
1 kiwi
1/2 cup coconut milk
1 tsp Matcha powder

Toppings

Banana slices
Dates, chopped
Chia seeds
Shredded coconut



DIRECTIONS

In a blender, blend all the ingredients until smooth.

Top with banana slices, chopped dates, chia seeds, and shredded coconut. Enjoy!

SERVES 1-2

NUTRITION INFORMATION: Calories: 305 Fat: 1g Carbs: 63g Protein: 7g

Mango Pineapple Smoothie Bowl

INGREDIENTS

1/2 cup pineapple, frozen
1/2 cup mango, frozen
1/2 cup banana
1 tsp chia seeds
1/4 cup coconut milk
Honey to taste
Ice cubes

Toppings

Banana slices
Mango slices
Shredded coconut



DIRECTIONS

In a blender, blend all the ingredients until smooth.

Serve in a bowl and garnish with your favorite toppings.

SERVES 1-2

NUTRITION INFORMATION: Calories: 250 Fat: 1g Carbs: 57g Protein: 3g

Black Forest Smoothie

INGREDIENTS

1 cup cherries, frozen
2 Medjool dates, pitted
1 tbsp chia seeds
2 tbsp cocoa powder
1 cup coconut milk, unsweetened
1 scoop protein powder

DIRECTIONS

In a blender, blend all the ingredients.

Serve after topping with chia seeds, dark chocolate, and dates!

Helpful Tip: For extra thickness, make this smoothie in advance and keep in the fridge.



SERVES 1-2

NUTRITION INFORMATION: Calories: 308 Fat: 1g Carbs: 16g Protein: 4g

Healthy Chocolate Milkshake

INGREDIENTS

4 frozen bananas
2 tbsp cocoa powder
1 cup spinach (fresh or frozen)
2 cups unsweetened almond milk
1 tsp coconut oil (optional)
1 tbsp chia seeds (optional)

DIRECTIONS

Put the frozen bananas, cocoa powder, spinach and milk in a blender. Add teaspoon of coconut oil if you want to add fat. Add the optional chia seeds at this time.

Blend on high for about 30 seconds. Remove the lid and scrape any greens from the side of your blender. Replace the lid and blend for another 30 seconds or until smooth.



SERVES 3-4

NUTRITION INFORMATION: Calories: 157 Fat: 5g Carbs: 31g Protein: 3.2g

About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-Free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, *without expensive appointments, addictive prescriptions, or risk-laden surgery*.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: ExercisesForInjuries.com

About Rick Kaselj

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

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist 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 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



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* - they required extensive 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 on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

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 thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!*

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...



- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** 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.

We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best Selling Exercise Programs

#1: The Whole Enchilada

The “Whole Enchilada” is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:



- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solved*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*

When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada.**

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.



Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Flexibility Over 40 Handbook.**

#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...

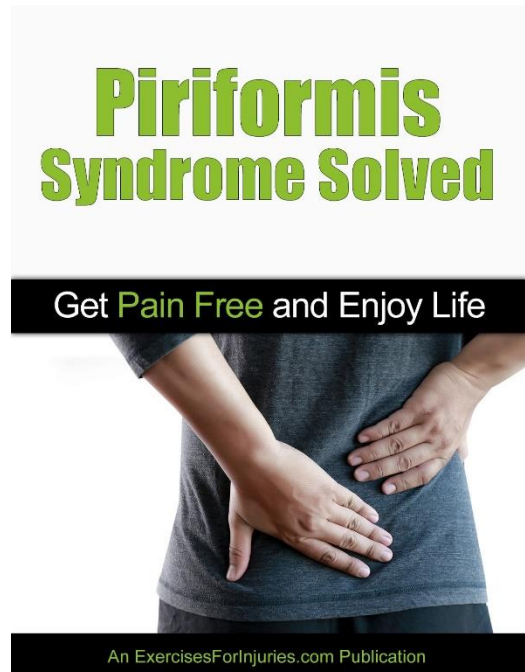
The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved.**

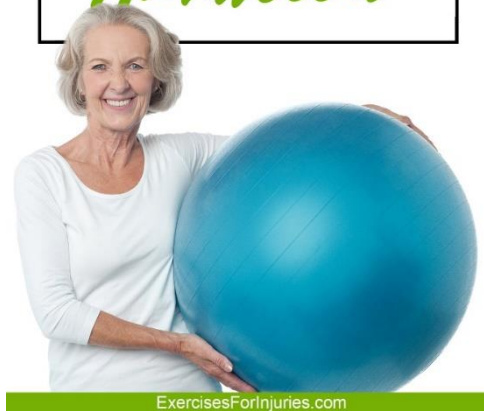


#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.



Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don't have to depend on or burden other people!

Visit: ExercisesForInjuries.com/Shop

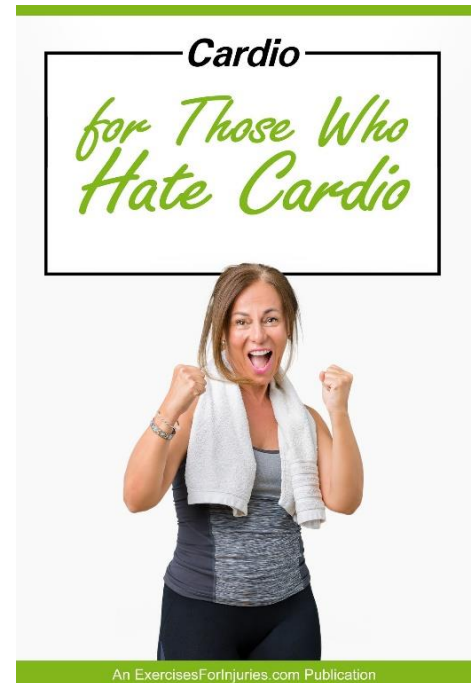
Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
- It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain



So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**

GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

ExercisesForInjuries.com/Shop