

Workoutlab.com



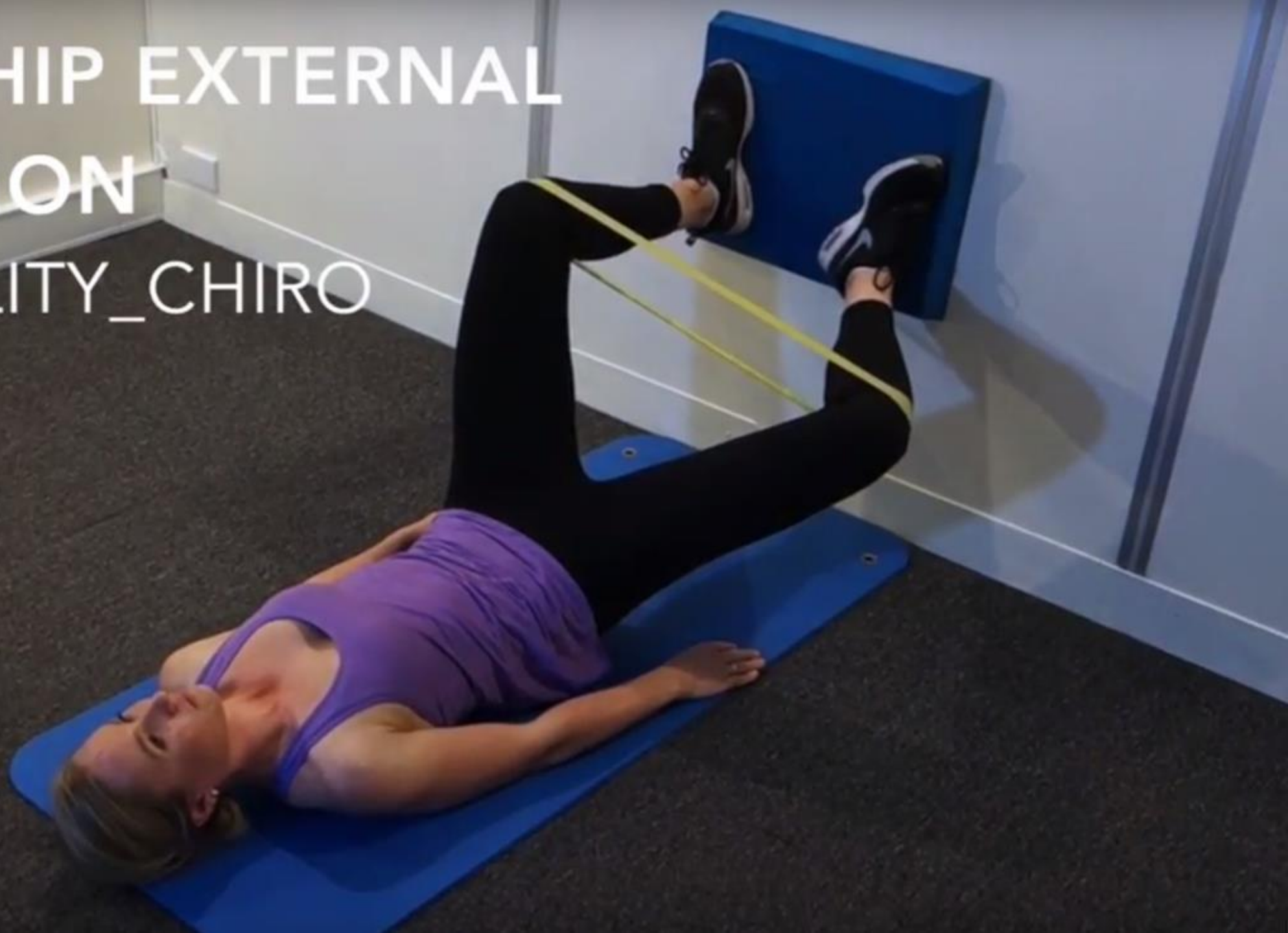






# 90-90 HIP EXTERNAL ROTATION

@MOBILITY\_CHIRO













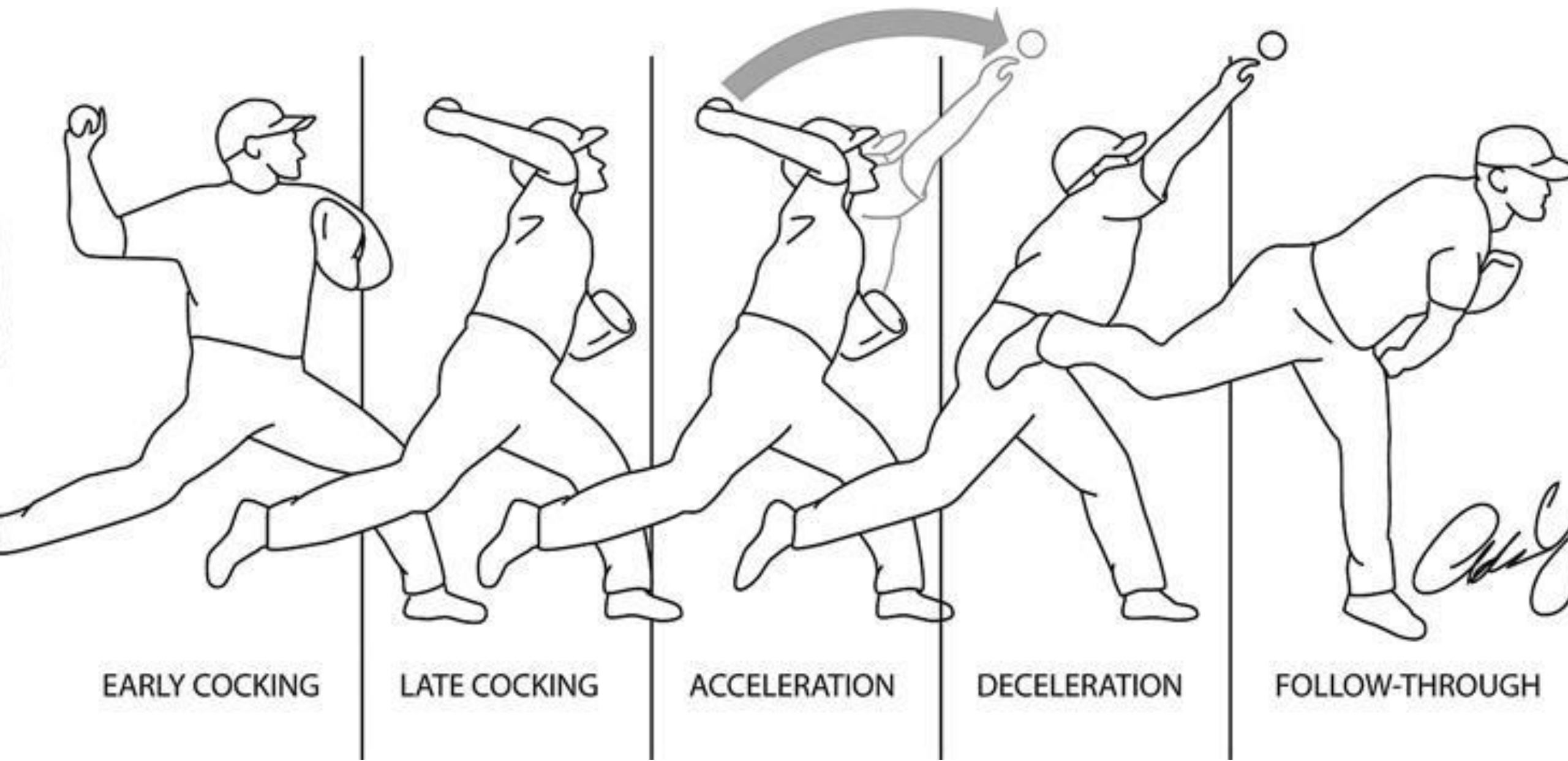


Shoulder Training Mistakes: (STOP DOING THESE!)









EARLY COCKING

LATE COCKING

ACCELERATION

DECELERATION

FOLLOW-THROUGH