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**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Streching exercises**

**By John Gibb**

**Streching exercises**

by: **John Gibb**

Visit

<http://www.weight-lifting-4u.com>

for further information.

John Gibb is the webmaster of several websites.

<http://www.weight-lifting-4u.com>

is his latest addition.

**Know Your Muscle Building Exercises – The Shoulders**

**By Rick Mitchell**

**Know Your Muscle Building Exercises – The Shoulders by Rick Mitchell**

– Hold the dumbbells at the sides with the palms facing the thighs.

– Pause.

– Lower with control to the starting position.

2. Bent-over dumbbell lateral raises.

## Stretching exercises

- Bend over at the waist with the knees slightly bent.
- Raise the arms up and to the sides as high as possible.
- Pause.
- Lower with control to the starting position.

Bodybuilding Advice

to learn

more about the issues covered in this article.

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