



## Bulletproof Your Shoulder

*Jim Johnson*

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## **Bulletproof Your Shoulder** Jim Johnson

A "bulletproofshoulder" is a shoulder that is *pain-free* and *resistant to injury* -and you can have one too - ***Bulletproof Your Shoulder*** will showyou how.

Inless than 100 pages, readers will learn about the ***BulletproofShoulder Program*** - a series of simple and powerful exercises you do at home or in thegym, that take a few minutes a day to do - yet create powerful changes in yourshoulder tissues making it bulletproof to pain and injury. Recommended for chronic shoulder pain,athletes, workers who do repetitive arm activities, or anyone who simply wantsto get rid of or avoid shoulder problems. **\*\*For those with a specific rotator cuff problem - *Treat Your Own Rotator Cuff* is recommended instead. For knee pain - check out *Bulletproof Your Knee*.**

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