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Lateral thinking for wide shoulders | t nation

Another tip offered by Beth and Oscar Rothenberg in their book Touch Training for Strength is to touch the elbows, Lateral raises are no different than any other

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Touch training for strength: beth rothenberg,

Beth Rothenberg has been using Systematic T.O.U.C.H. Training to successfully train her clients since she first became a personal fitness trainer more than 20 years ago.

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