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Minimalist Muscle Activation: Crush Structural Imbalances ...

Minimalist Muscle Activation is Sean's most comprehensive book yet. It covers the neck, top-front-back-sides and bottom of the core, hips/upper legs, shoulders, elbows, knees, wrists, ankles, hands and feet. There are A LOT of exercises in here.

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Minimalist Muscle Activation: Crush Structural Imbalances, Find Clarity in Your Movement, and Live Pain-Free and Strong Now and in the Future is a new ebook by Sean Schiederjan. I just bought my copy last night and took a quick look through it. Sean usually promotes some interesting movements in each of his many books and this one includes some old and new material.

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