

**Release Your Kinetic Chain With Exercises For The
Shoulder To Hand By Brian James Abelson;Kamali
Thara Abelson**



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Release your kinetic chain: exercises for the jaw

Authors: Written by the internationally best-selling authors of Release Your Pain, Dr. Brian J. Abelson DC. and Kamali T. Abelson BSc.Dr. Abelson is an experienced

Understanding the kinetic chain part one |

It is in this context that my thoughts on the kinetic chain have been I began my coaching career thinking that the energy release mechanisms of the body

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