

# [Fitnesshealth.co.uk/resistance-band-training](https://fitnesshealth.co.uk/resistance-band-training)

[fitnesshealth.co.uk/resistance-band-training](https://fitnesshealth.co.uk/resistance-band-training)

[fitnesshealth.co.uk/leg-band-training](https://fitnesshealth.co.uk/leg-band-training)

usually occurring only when you move your shoulder as far you can move it

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