in transverse plane. This exercise is also excellent for round shoulders. It is also facilitated by an extension of the thoracic spine; and, by directly encouraging an erect position is good for kyphosis.

,一种大型,在1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年间,1000年

X.

pp. 323-327, Chap. XVIII

- 1. Stair climbing
- 2. Reaching

3. Wringing or twisting movements

- 4. Hammering and chopping
- 5. Shoveling and sweeping.