



I'm not a robot

































We show a CrossFit athlete how to help Dawn Morse of Core Elements Training and Katie Campbell demonstrate Scapula Release Part 1 of a 4 part series - Learn new techniques to release the ROTATOR CUFF muscles. In this video, I demonstrate and exploreÂ ... Susan Findlay of the North London School of Follow us on : Liam Coffey, lead tutorÂ ...