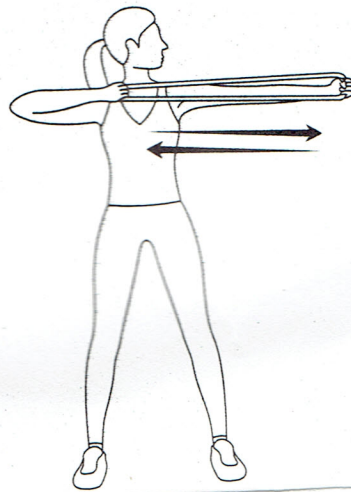


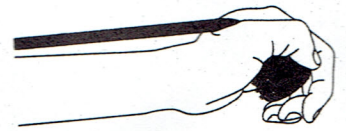
WIAWIS BALL STRETCH BAND

WARM-UP SHOOTING & STRETCHING

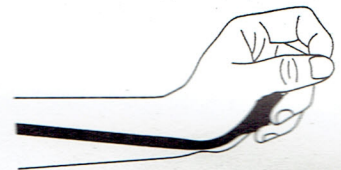


- ① Warm muscles up and prevent injury
- ② To get feeling to draw and release before your shoot

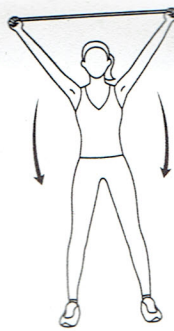
① in case Pressure point is high,



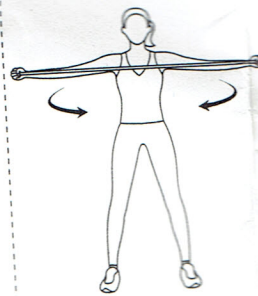
② in case Pressure point is low,



You can practice drawing as pushing a position according to your pressure point.



① To get scapular right position as up and down the hands you can feel the relaxation of stomach muscles and scapular



② Open and close chest with scapular



③ Turn left and right to warm the around muscles of scapular



④ Warm the m of hands up.



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