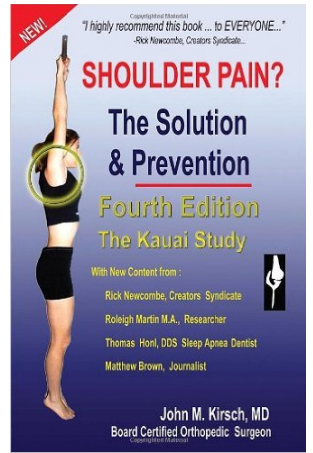


Hanging Hooks for Shoulder Release

As seen in [Shoulder Pain? The Solution and Prevention by John M. Kirsch, MD](#)



LPG Muscle Haulin' Hooks ONLYS Weight Lifting Hooks (Pair)



Price: \$41.00 *Free Shipping for Prime Members*
650 lb. load rated and tested

- Plush comfort wrist padding. Pull tight velcro wrist wrap.
- Target and isolate muscles with expert precision
- Protect delicate wrist and hand tendons

These hooks allow you to hang from a bar long enough to make a difference.

[From Amazon](#)

ProSource Heavy Duty Easy Gym Lite Doorway Chin-up Pull-Up Bar

by [ProSource](#)

Price: \$14.99

This fits inside the door frame and requires three very small screws on each side. The door can still close normally.

[From Amazon](#)



Iron Gym Total Upper Body Workout Bar

Uses leverage to hold against the doorway so there are no screws and no damage to door. Installs in seconds. But you have to store it somewhere because the door won't close when it is up.

\$23.87 [from Amazon](#)



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