

# GOATA - Upper Body Flow & Arm Care Program

**Detailed exercise progressions depicting how to build and refine upper body strength and arm mobility by treating any muscular deficiencies**

- Comprehensive video series focusing on releasing tension in the upper body.
- Aimed to reduce aches and pains while enhancing spine mobility.
- Exercises revolving around chest, back body, and shoulders to discover freedom in the overworked upper body section.
- Immaculate guidance on correcting and perfecting your upper body posture and positions.

## Proof Content



Upper Body Flow and Arm Care Program.ts



108.2 MB