

LOADED MOVEMENT TRAINING

Examples:

ViPR, Sandbells, TRX Rip Trainer, Wadding Patterns, Powerplate, Dynamic weights, Functional Training

Benefits:

- Less compressive forces
- Greater adaptations in hormones, muscles, nerves, skin and fascia
- Improvement in Stability, Strength & Power
- Improved inter-muscular coordination
- Whole body integration

